

homemakers

eat well live well

healthy slow cooker suppers

Best-ever
Thanksgiving
pies

Give your
arguing style
a makeover

Is **your body**
ready for a baby?



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Hominy Stew

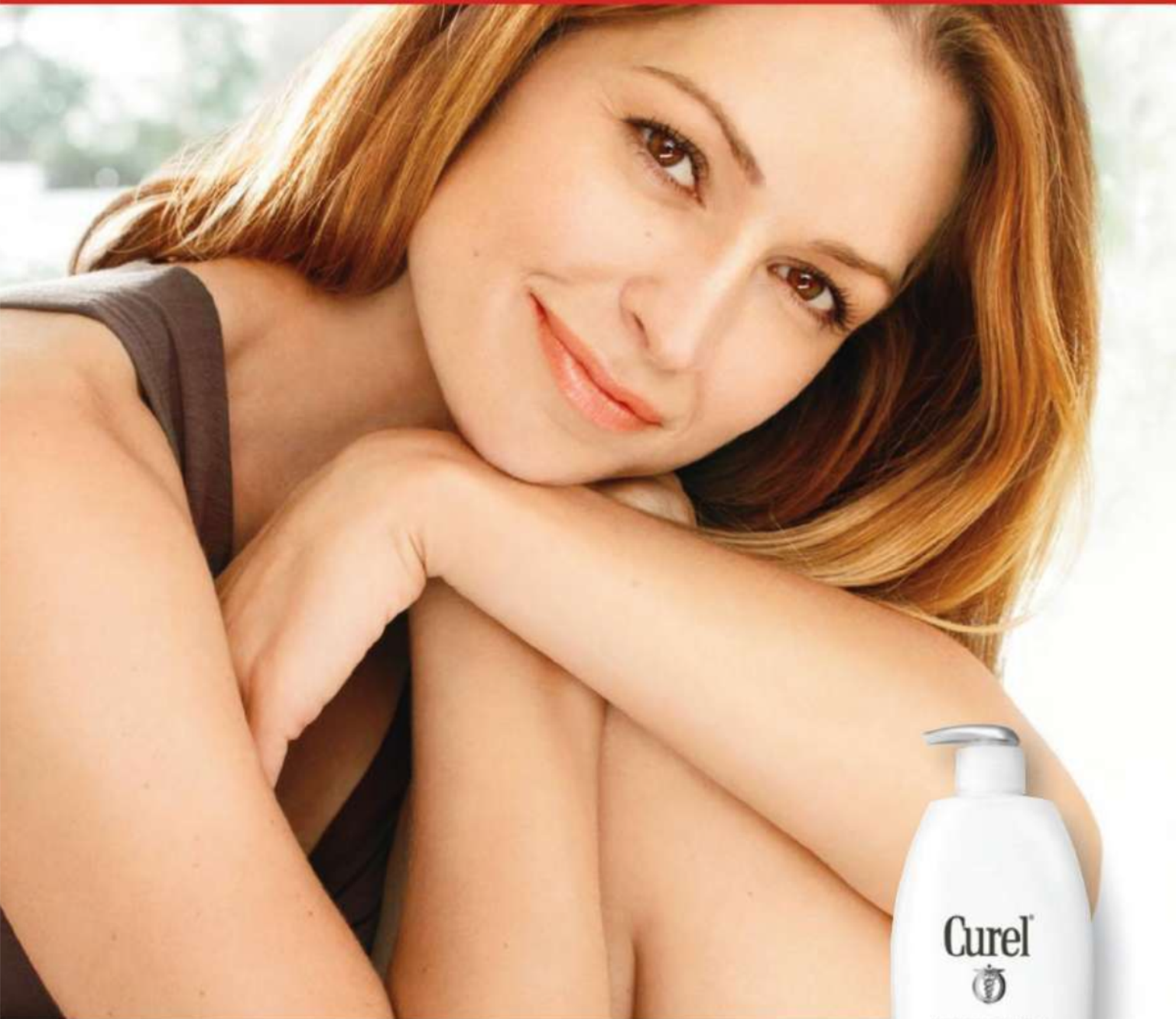
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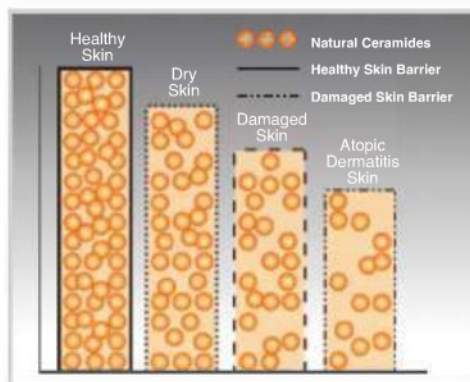
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**And with continued use,
prevents symptoms from
coming back.**



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dry skin relief
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off the top

From the editor-in-chief



"Gratitude is happiness doubled by wonder."

– G.K. Chesterton

A confession: Thanksgiving as a holiday is not really that big a deal in my family. Yes, we have been known to cook (and enjoy) a big turkey dinner. But often, as the last long weekend of the year with (potentially) glorious weather, it's just too golden an opportunity for getting the gardening done or taking one last road trip to spend the day hovering over an oven.

Thanksgiving as a concept, however, is an entirely different matter. In fact, I believe that a sense of gratitude is essential to life and happiness – too vast and necessary to be contained within one day or one weekend. Far from being a simple list of blessings, it is a perspective that can help us weigh the valuable against the valueless. It's a lens that focuses our gaze on our infinitely beautiful world and unimaginably rich lives. It's the keystone of contentment and even of joy. As Pulitzer Prize-winning writer Thornton Wilder put it, "We can only be said to be alive in those moments when our hearts are conscious of our treasures."

Some time ago, I took a meditation course in which my Buddhist-trained instructor introduced the concept of gratitude as a state of being, an orientation from which to act or relate. To offer a mundane example, imagine being stuck in traffic, late for work. Your default reaction, of course, is irritation (or even rage, for some people). But a person practiced in fielding life's stray pitches with an attitude of gratitude might quickly switch gears to a) "I'm grateful to have a job to go to," or b) "How lucky I am that this is the least of my problems." Pollyannaish? Maybe. Likely to reduce your stress (and risk of stress-related health conditions)? Probably. Certain to make you a happier person in the long run? Almost definitely.

Gratitude is just one element of happiness that three other *Homemakers* writers and I will be exploring in our new online column, "The Bright Side" (homemakers.com/blog/brightside). Let me note that in bringing you "your daily dose of happy," we'll be having fun – not just philosophizing – and I truly hope you'll be a part of it. Tell us what makes you laugh. Tell us what you're thinking about today. And, of course, tell us what you're thankful for.

A handwritten signature in black ink, reading "Kathy Ulyott". The signature is fluid and cursive, with a long horizontal stroke extending from the end.

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We asked our October contributors:

“What’s the best thing you do for your health every day?”



Janet Rowe

(homemakers.com columnist and senior editor, “Health News,” page 21)
“I like to laugh!
It’s good for body, mind and soul.”



Cathy Chatterton

(photographer, “Personal Best,” page 28)
“I take the time to enjoy all my meals – breakfast, lunch and dinner. I make sure to sit, take a break and eat slowly. It keeps me feeling good.”



Rhea Seymour

(writer, “Does Your Arguing Style Need a Makeover?” page 78)
“I’m a big believer in talk therapy to cope with stress. I don’t go a day without catching up with my mom and friends.”



Kristjan Hayden

(hair and makeup stylist, “Best Tressed,” page 34)
“I eat a strict gluten- and dairy-free diet. I have so much more energy and it helps me keep up with my hectic life!”

eat well live well homemakers

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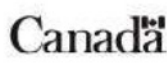
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Contest Central Beauty Brainteaser



Clue: For supple skin, remember to use this product to fight dryness and keep a youthful glow.

remourizits

Unscramble the word and enter online. You could win a basket of Curel skin-care products at homemakers.com/contests.

POLL RESULTS

We asked: What's the best way to conquer a junk food craving?

- 49% Eat a healthier substitute
- 32% Do something to distract yourself
- 16% Give in and get on with it
- 3% Tough it out with willpower

Next poll: Which health challenge most influences your food choices?

- a. Hypertension
- b. Diabetes
- c. Wheat allergy
- d. Dairy intolerance
- e. Osteoporosis



find this issue's links on one page!

To access all of the online articles mentioned in this issue, go directly to homemakers.com/oct2010.



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your whole life

This month: prevention tips to **keep you well**

Three things to do in October



1 Try sleeping on your back

• Sleeping on your side with your arms above your head can cause circulation problems while you slumber. When you're on your back, your arms fall in a healthy position.

2 Give a friend a Thingamaboob

• This quirky little gizmo's graduated beads are a graphic demonstration of why she needs to book a mammogram, stat. Go to thingamaboob.ca.

3 Stay motivated to keep fit

• This winter, sign up for a charitable walking, running or cycling event scheduled for spring. Find a list of events across Canada at homemakers.com/fitforcharity. >



Shout-out

Since losing her daughter to breast cancer, Lorna Larsen wants young women to know their risks. By Jill Buchner

Lorna Larsen's daughter, Shanna, had experienced bone pain for months before doctors finally diagnosed her with metastatic breast cancer that had spread to her bones and liver. "Unfortunately, cancer's not on their radar," says Lorna. By then, it was too late. Shanna died of breast cancer in May 2005 at just 24. After she was gone, Lorna needed to tell her daughter's story to let other young women know they were at risk.

Then a health promotion manager in Woodstock, Ont., Lorna questioned why she and the doctors didn't know more about cancer in young women. She put together a local organization to let women and physicians know breast cancer is not just for older women. Making Shanna's image the face of the campaign – on billboards, posters and brochures – they taught girls to know their bodies and their risks. The word spread, and soon Lorna was reaching students and health professionals across Canada about early detection. But it's Shanna's story that always hits home. "It touches women," says Lorna. "They say, 'That could be my best friend. That could be me.'"

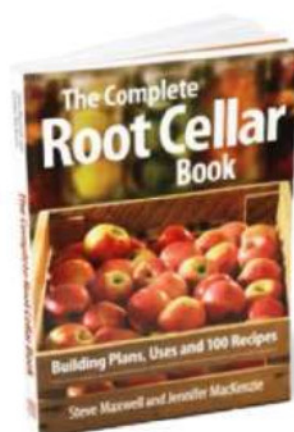
Today Team Shan's message has spread to thousands of women, some of whom were diagnosed early because their doctors knew Shanna's story. Though Shanna is gone, "Her spirit continues to teach and make a difference."

Essential test

Ask for a thyroid stimulating-hormone test at your annual physical. Thyroid cancer is rising in Canada, particularly among women, according to Statistics Canada.

The root of the matter

"Small zucchini can only be stored for one to two weeks, but large zucchini, with their thicker skins, will keep for up to three months," according to *The Complete Root Cellar Book* by Steve Maxwell and Jennifer MacKenzie (Robert Rose, \$27.95). The book describes how to select a location then build an ideal storage space for a vast range of fruits and vegetables to keep their nutrients and delicious flavours intact. It also offers dozens of recipes for enjoying them fresh from the cellar.



Pick your pans carefully

Your cookware may add some extra ingredients to your meals. Nonstick pans can emit toxic fumes at high temperatures and copper pots have coatings that can erode. Try cast-iron pans for a dose of the anemia-averting mineral. - J.B.

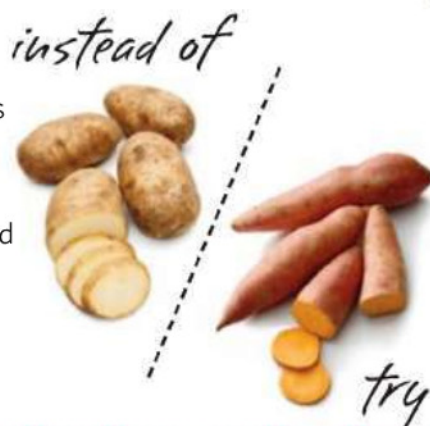


Adage bears fruit

It's the time of year to enjoy the fresh harvest, and according to new research, apples are the perfect pick. The fruit's soluble fibre may promote better immune system function - just in time for flu season. The study also shows that soluble fibre may reduce inflammation linked to obesity-related diseases.
- Rosie Schwartz, RD

Smart swap

Instead of making home-baked fries with regular potatoes, try sweet potatoes. Like winter squash and pumpkin, sweet potatoes are packed with beta- and alpha-carotene, pigments that have anticancer benefits and are also chock-full of antioxidants. - R.S.



YOU TOLD US: What's your surefire home remedy for warding off colds?

Reader Barb Dalrymple of Hensall, Ont., receives a Bosch cordless screwdriver, worth \$80, for her tip.

"My surefire remedy for warding off colds is eating honey. About 10 years ago, I started putting a big teaspoon of honey in my morning coffee and my tea at night. I started getting fewer and fewer colds, and this past winter I didn't even get one. I get my honey fresh from an apiary close by."

NOW TELL US: How have you tamed the energy hogs in your home?

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Health News

By Janet Rowe and Catherine Labelle

Full figured? Get screened

Skipping screenings may be one reason that obese women have less of a chance of surviving breast cancer, says a new study of 1,352 patients. Body image woes may make it tempting to avoid mammograms, said researcher Dr. Danielle Haakinson in a presentation to the American Society of Breast Surgeons. But it's also hard to find tumours in large breasts, and heavy women experience more challenges with surgical treatment and chemotherapy. The bottom line: Women with a body mass index greater than 30 need to maximize every chance of catching cancer early on.



The antidepressant paroxetine (for example, Paxil) could block the breast cancer drug tamoxifen from working, says a 2010 study in the *British Medical Journal*. Data from 2,430 women in Ontario showed that out of every 20 patients, one more died of breast cancer when taking paroxetine than when taking another antidepressant, such as Celexa, Effexor, Prozac or Zoloft. If you're on both medications, don't stop either one on your own, but see your doctor for advice.



Help when you need it

Get heaven-sent help! The Nanny Angel Network is a free professional child-care service for moms with breast cancer. Mothers of kids under 12 can receive up to five hours of respite per week from a trained, screened nanny; all Nanny Angels also have first-aid, CPR and cancer-care training. The Angels have already taken families in Calgary, Ottawa, Toronto and Vancouver under their wings, and have plans for Winnipeg and other cities underway. "But call, no matter where you live," says program manager Chantelle Soares. "We'll immediately start looking for volunteers in your area." To request a nanny or to volunteer, call 1-877-731-8866 or visit nannyangelnetwork.com.

Bitter pill?

Scientists have discovered that extracts from bitter melon – a fruit common in Asian cuisine – can block breast cancer growth. While they aren't sure you'll get the same effect from throwing the melon into a stir-fry, they hope further research will help in developing a supplement.





is your body ready for a baby?

Preparing yourself for pregnancy can affect your future baby's health – as well as your own.

By Lesley Young Illustration by Maria Rendon

I've had a lot of time to anticipate pregnancy and parenthood. I got married at 34 and my husband and I, both fence-sitters, have put off our start date three times. We're finally ready (time being the big factor; I am 38). Now I know I'm not perfect – and I don't expect to be a perfect parent – but if there are things I can change about myself beforehand, and thus avoid passing on some less-than-desirable habits (like my lifelong struggle with emotional eating), why wouldn't I?

The fact that I am a health writer, reporting on seemingly endless mounds of foreboding research, has made me keenly aware of the importance of diet, fitness and environmental factors before pregnancy. Frankly, it's got me worried about the kinds of healthy actions I should take before conception, like forking over a little extra for organic >





produce in order to avoid pesticides (do they linger in my body long enough to harm a future embryo?) or getting into better shape (will it make my pregnancy go smoother?).

As it turns out, I'm not paranoid. In fact, I'm a poster child for a budding movement that aims to raise awareness and education about preconception health for women and men. "Almost every woman has something she needs to adjust prior to conception," says Wendy Burgoyne, manager of Best Start, a provincially funded resource centre in Toronto that promotes health before, during and after pregnancy. That's putting it lightly. In researching this article, I've found out that having poor nutrition, being overweight, taking certain medications and being exposed to particular chemicals in everyday living may increase the likelihood of complications with pregnancy and the child's health.

Unfortunately, preconception health conversations are not occurring roughly half of the time between physicians and women, according to a 2008 survey by Best Start. "Up until about 10 years ago, women usually didn't talk to doctors about their health, or stop drinking even, until a pregnancy was confirmed," says Burgoyne. Even today, you'd be surprised how many women, regardless of education level, throw caution to the wind and enjoy a drink or two after finding out they're pregnant, says Laureen McPeak, a preterm birth consultant for Alberta Health Services' Edmonton zone. In fact, by the time some women know for sure they are pregnant (even when it's planned), their behaviours may have already caused some birth defects. I, for one, didn't know that a baby's fundamental structural development occurs within the first 12 weeks of pregnancy. Most women don't even know they're pregnant until at least six weeks in. Thinking I can change naughty behaviours such as overeating (or, for others, smoking) overnight is highly unrealistic. Instead, a little foresight can help me identify risk factors, prepare my body for pregnancy and ensure I have a healthier baby. Here are some key things I discovered, which you might want to consider too, before you get down to the fun part.

■ Assess your lifestyle

"Preconception is the time to get your house in order," says Dr. Gideon Koren, director of the Motherisk program and professor of pediatrics, pharmacology, pharmacy and medical genetics at the University of Toronto. This includes asking about the dangers of medications that are teratogenic (can cause malformations).

Ask your GP whether the prescriptions and over-the-counter drugs you currently take (even occasionally, such as heartburn and allergy remedies) are safe, and if your vaccinations are up to date. A lot of helpful information is available at motherisk.org and beststart.org.

Because preconception conversations are often not occurring with doctors, women may fail to get a head start on avoiding two major lifestyle health risks: smoking and alcohol consumption. Obesity is increasingly being considered risky as well (see Risk Factors to Watch out for, below). Cutting out smoking close to conception is playing the odds, says Burgoyne, especially since many quitters relapse. Tobacco use has been linked with higher risks of low-birth weight babies, miscarriage, birth complications and sudden

Risk factors to watch out for

On a routine visit to my endocrinologist (I have hypothyroidism), I happened to mention that my husband and I might be trying to get pregnant soon. I was surprised to hear that we would need to monitor my thyroid-hormone levels throughout the pregnancy and, espe-

cially, beforehand. Research shows that having low thyroid-hormone levels when an embryo is still reliant on the mother's thyroid can affect the child's brain development. And it can take weeks to normalize those levels through drug therapy. Yikes.

infant death syndrome. I'm not a smoker, but I am a moderate drinker, and I had planned to drink right up to the very last moment. That's a no-no, too. Because there's no safe amount during pregnancy, McPeak recommends cutting out alcohol three months before trying to conceive to avoid accidental exposure, which could result in Fetal Alcohol Spectrum Disorder, a name for a range of problems including brain damage and birth defects.

I'm most nervous about the chemicals I come into contact with that I can't always control, including things like formaldehyde, hormones and dyes (to name but a few), which can be found in personal-care products (call me vain, but I really don't want to have a 50-inch waist and grey hair). While there isn't overwhelming evidence that personal-care products are dangerous to developing fetuses, there are enough lingering concerns that some worried moms-to-be may want to avoid them altogether (or opt for fragrance- and dye-free products). I plan on using the Environmental Working Group's Skin Deep cosmetics safety database at cosmeticsdatabase.com to screen my choices during pregnancy.

As for other potentially toxic chemicals that are lurking in everyday settings, Kathleen Cooper, a senior researcher at the Canadian Environmental Law Association, says we're constantly exposed to nasty substances such as phthalates and bisphenol A (BPA). BPA is found in many plastics and the lining of food and beverage cans, and a 2010 report by Statistics Canada found that over 90 per cent of Canadians had BPA in our urine.

Cooper noted that avoiding lead is top priority. It's stored for the long term in our bones and teeth, and without adequate calcium during pregnancy, our bodies can mobilize that lead which might harm fetuses. "A lot of lead exposure can be minimized simply by managing house dust," says Cooper. That means vacuuming regularly and removing dust with a damp cloth. Be aware of possible occupational exposures to chemicals, she adds. Other precautions to consider are avoiding renovations before conception and having your water tested if you live in an older home.

Although conventionally grown food can be a source of pesticides, if you can't afford organic produce, it's still better to eat as ➤

Other concerns to screen for before conceiving include: diabetes (it's associated with a threefold risk of birth defects), hepatitis B, HIV/AIDS, rubella and the gene for phenylketonuria (a mutation that's linked with mental retardation and birth defects). Another

problem that research has been proving to be a really pervasive, dangerous preconception condition: obesity. "[Excessive or poor] food intake is women's biggest preconception curse," says Dr. Gideon Koren, director of the Motherisk program and professor of pediatrics, pharma-

cology, pharmacy and medical genetics at the University of Toronto. Those who are obese when they get pregnant are faced with increased risks of preterm birth (which can result in infant death), having a heavy baby (which, besides scaring the heck out of me, causes birth com-

plications and puts the baby at future risk for obesity), birth defects of the brain and spinal cord, and asthma in children when they are older. Even if you think you don't have any risk factors, visit your GP for a routine checkup before conception to rule out any unknown conditions.

many fruits and vegetables as possible before and during pregnancy, says Cooper. Try to eat a variety of produce so you're not taking in the same pesticides all the time.

Dr. Koren says there is cause for concern about mercury exposure. "Research published [recently] shows that some women in Ontario, for example, have levels of mercury far above what they should." The source? Fish. I'm concerned, because I learned omega-3 fatty acids, which are plentiful in fish, were important to a baby's neurological development during pregnancy, and I've been making an effort to eat more. Health Canada says that because omega-3 fat is used by both the placental tissue and the developing fetus, pregnant women need more than other adults.

Dr. Koren suggests adhering to Health Canada's fish consumption guidelines (two servings a week limited to nonpredatory fish), because it is a healthy source of protein, and obesity is a major concern preconception. But, he adds, consider getting a mercury test, available at most laboratories in Canada, to find out whether your levels are too high. I plan to.

Mercury can linger in the body for months and damage fetuses' neurological tissues, leading to learning disabilities and lower intelligence. If you are not keen on fish, you can opt for filtered, mercury-free fish-oil capsules or hemp oil for alternative sources of omega-3.

Build a healthy body

I've joined a gym, have hired a personal trainer and am actually working out regularly. Within three months, I could do more than 10 push-ups and 100 ab crunches. I've lost 20 pounds, partly due to eating clean (no processed food and smaller portions five times a day with protein every time). But the real drive behind my weight loss, I believe, came from learning that I need to exercise more (for me, 20 minutes on the step machine doesn't cut it). I even learned how to use weights from a trained professional. That extra accountability of having an appointment to go to is key (it's the best money – \$75 per session – I've ever spent).

I could have begun exercising once pregnant, contrary to popular wisdom, says Michelle Mottola, director of the R. Samuel McLaughlin Foundation Exercise and Pregnancy Lab at the University of Western Ontario in London. "The more fit you are going into pregnancy, however, the better time your body will have going through the physiological changes and recovering from them," she says. Ask your doctor or midwife about the right exercise intensity.

Research indicates fit women are less likely to gain excessive weight, develop gestational diabetes and experience chronic hypertension during pregnancy. I'm also delighted to hear her say that going into pregnancy fit will help prevent childhood obesity in my offspring.

Getting fit for pregnancy

These exercises, for prepregnancy through the first trimester, will help you gain a baby-ready body.

- Start walking for half an hour to an hour five times a week. "Use the talk test. You should be able to complete two sentences without shortness of breath," says Dr. Karen Nordahl, a family physician at B.C. Women's Hospital and Health Centre in Vancouver.
- Do 100 Kegels a day. Clench your pelvis internally, as though you are stopping the flow of urine. "Imagine you are bringing your bottom up to your belly button in one movement, like an elevator."
- Engage your transverse abdominis muscle, key for overall core strength. The transverse abdominis runs horizontally, almost like a belt. Lie on the floor; place your fingers at 5 o'clock, just above your hip bones. Pull your belly button into your spine to feel the muscle contract. Do three sets of 10 to 15, five times a week.

Turn the runs into a stroll.



You know how it feels when you have diarrhea. Your digestive system is on fast-forward and everything is moving through you at a mile a minute. It's all you can think about. You don't want to leave the house because you might have to go and you know you won't find a bathroom that's private enough.

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I wanted to know: Are there key areas I can strengthen? Will my strong abs help me deliver a baby? Mottola says there are no specific exercises that make delivery easier, but “being fit overall will help give women the stamina to get through labour and delivery, and help them recover faster.”

Dr. Karen Nordahl, a family physician at B.C. Women’s Hospital and Health Centre in Vancouver and author of *Fit to Deliver* (Hartley and Marks, 2005), points out that core- and pelvis-strengthening exercises can help reduce the risk of incontinence, a common problem in up to 35 per cent of women postpregnancy.

If you’re already doing an exercise program, stick with it throughout the time you’re trying to conceive and through your first trimester (see *Getting Fit for Pregnancy*, opposite).

Eat for the health of two

Leading up to our milestone decision, I’ve had a few disturbing visions. The worst: I’m sprawled on the sofa, at least 15 pounds overweight, scarfing down potato chips, while my future child looks on wide-eyed. I declared my destructive love affair with trans-fats over, thanks to a tip from Elizabeth Ward, a registered dietitian and author of *Expect the Best: Your Guide to Healthy Eating Before, During and After Pregnancy* (Wiley, \$18.95). She told me about a 2007 Harvard School of Public Health study that showed that eating more trans-fats increases your risk of infertility.

As Ward points out, “It’s wise to establish healthy eating habits before you get pregnant. It’s not like all of a sudden you’re going to become to an awesome eater.” This means eating appropriate servings from the four major food groups as recommended by Health Canada. I figure that eating healthier now ultimately means I will pass on fewer nasty processed chemicals, fats and sodium to my unborn offspring.

Knowing all this, I’m glad I’m doing my best to live a healthy lifestyle. As for my fear of passing on bad eating behaviours? Ward’s parting words remind me that balance is everything: “You can’t be a saint every single day. Just do your best, day by day.” *hm*

Mom-to-be nutrition

You may not know exactly when you become pregnant, so why not try to consume key nutrients now?

- Pump up the calcium and folate. “The best source of nutrients is the food we eat,” says Elizabeth Ward, a registered dietitian. Eating a healthy, well-rounded diet with foods high in calcium, iron and folate is key.
- Take vitamins, including 1 mg of folic acid and 4,000 IU of vitamin D (recommended by researchers from the Medical University of South Carolina). Doctors advise taking folic acid for three months preconception and during pregnancy to make sure levels are high when it is needed most: those first few months of pregnancy when the fetus is developing structurally and is susceptible to neural-tube defects. “Vitamin D is needed for bone and teeth formation in the fetus,” adds Ward.
- Wean yourself off caffeine, since research shows it ups your risk of having a miscarriage. Ward says to keep it to 200 mg a day, about one large cup of coffee.
- Avoid unpasteurized fruit juice and dairy, as well as undercooked meat and kitty litter. These can be sources of parasites and bacteria that cause toxoplasmosis. These invaders can stay in your bloodstream for a few weeks and can pose a health risk to the fetus.
- Manage food dislikes and sensitivities. If you are vegan or can’t tolerate dairy, consult with a professional to ensure your diet isn’t depriving your fetus in its early days.



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Kickboxing fitness classes give you a full-body cardio workout that can burn 600 to 900 calories per hour. You'll also get resistance or weight-bearing exercise (from punching the bag and pads), which strengthens muscles.



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My story

When I was in my late 20s, my body just crashed. I was exhausted and nauseous all of the time, as if I had the flu. Taking a shower was a major accomplishment. After I was diagnosed with chronic fatigue syndrome, I languished for months in front of the TV, hoping the medications would help. Instead, I gained 25 pounds. Even getting out of bed seemed insurmountable. One day, staring at the ceiling, I knew I couldn't go on. A common message emerged from everything I read about the illness: Exercise could help. Problem was, I'd never been into working out; it just seemed like a chore to me. But I had to make a change. My husband and I found a used step machine and I started doing just two excruciating minutes a day. I grew stronger and ordered a Tae Bo video on a whim. Next thing I know, I'm a kickboxing addict (in a healthy way)! I shed all the weight and eventually started up a brand new business that I love – teaching women to find their own inner strength through fitness and image makeovers. >

personal best

Jennifer Ettinger had always thought of exercise as a chore – until it appeared to be the only cure for an illness that made getting out of bed seem impossible. Today, Jennifer, 42, an entrepreneur in Aurora, Ont., finds that the intense workout she gets from kickboxing is the key to inner balance as well. As told to Lesley Young

What motivates me

When I was really sick, I felt broken, both physically and mentally. Kickboxing gives me physical strength as well as inner strength. It's my water. When I hit the bag or do a roundhouse kick, I feel so empowered, release so much stress and feel completely in control. I call the thrill and strength I get "girl power."

My activity

I do an hour-long workout at home, using DVDs, six days a week. While at first I worried that kickboxing would be too technical and rigid, I discovered that it's not. You pick up the moves and fall into a rhythm. I was surprised by how spiritual kickboxing is; it's a workout that really makes you feel the connection between your body and spirit.

Making it fit

I work out at home because exercise is an internal activity for me; the presence of other people would be a distraction. I also consistently schedule exercise (I'm a morning person), because otherwise I know I'll find a reason not to do it. And, as a visual reminder, I leave my gym bag at the top of the stairs to the basement, where I work out.

The payoff

I would be lost without exercise. Even if you take my illness out of the equation (I still have good days and bad days), I don't know where I would be if I hadn't made the initial decision to try it. Working out makes me feel strong, mentally and physically, and I know I am truly doing the best I can for myself. Ultimately, it allows me to be a better person. **hm**

Your turn

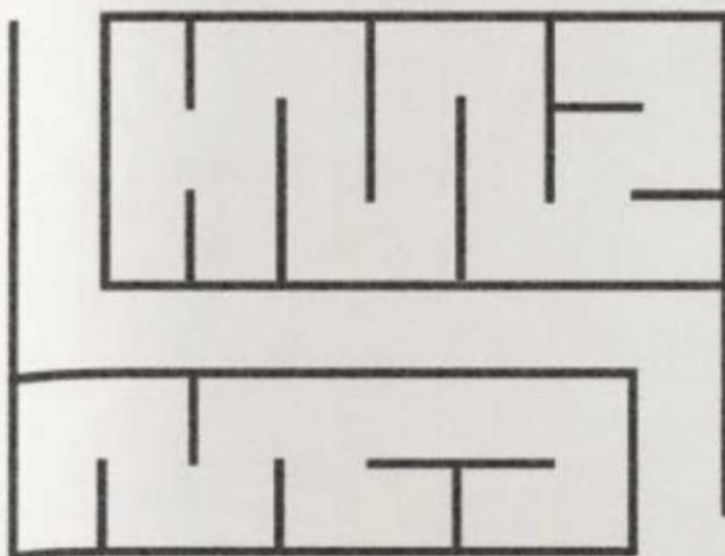
Traditionally, kickboxing is a martial art. In the past decade or so, though, it has evolved into an accessible fitness activity that appeals to women from all walks of life, says Ross O'Donnell, president of Fitness Kickboxing Canada, a kickboxing club and Canadian instructor-certification body based in Orangeville, Ont.

- **Trying it out:** There are two ways to take up kickboxing. Many gyms offer cardio-kickboxing classes, which tend to focus less on technique and more on cardio. Then there's fitness kickboxing, which is offered in structured classes taught by certified instructors at a dedicated club, and provides one-on-one training to ensure proper technique, says O'Donnell. (You can find classes that are led by certified instructors at fitnesskickboxingcanada.ca.)
- **Cost:** Fitness kickboxing classes at a dedicated club will cost about \$75 per month. If you belong to a gym or fitness centre, any in-gym classes should be included in your membership fees. The only equipment you'll need is a pair of gloves, which costs about \$40.
- **Commitment:** Your skill level will be quite good after six months; you'll notice fitness and toning benefits around 12 weeks.
- **DVDs to use at home:** Jennifer Ettinger's favourites are Billy's Bootcamp series by Billy Blanks, and the Turbo Jam Fat Burning Elite program. Even if you decide to go the at-home route, O'Donnell recommends you take a one-on-one beginner lesson to make sure you are using the right technique.

10	11
30	
	31
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	53

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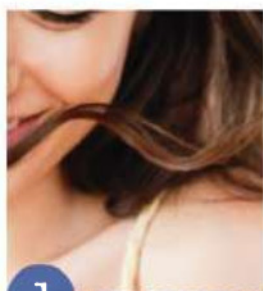
honesty time: let's talk hair colour.

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4

One final wish. I'd like to add a personal masseur to my routine.

Hm, can't help you with that one. But, when you use Root Touch Up in between all-over colourings as part of your hair colour maintenance routine, you'll feel just as fabulous.



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wavy

best tressed

Whether your hair is naturally wavy, curly or straight, the right cut and styling regimen will bring out its beautiful best.

By: Julia McEwen Photography: Seed9

Hair and makeup: Kristjan Hayden for Civello Salon/Plutino Group

THE CUT

While you might think of wavy hair as easy and carefree, it actually requires some major prep work. The starting point is a good cut. "Classic layers and sweeping bangs always look great with waves," says Kristjan Hayden, master stylist at Civello Salon. Medium to long layers will help minimize bulk around the bottom. An ideal length for wavy hair is just below the collarbone, says Hayden. And regular trims prevent it from poofing out at the ends, giving you a "triangle head." Nhi Tran, creative director for Sassoon Salon, suggests having your hair reshaped every six to eight weeks.

STYLE FILE

Wavy hair tends to be coveted because it's so versatile. However, like curly hair, wavy hair craves moisture. Use a moisturizing shampoo and conditioner to keep frizz at bay, and a weekly hair mask for further hydration. Hayden likes to play up waves by twisting straighter sections around a finger; to finish, he applies a frizz-fighting serum and lets hair air-dry. ➤



- John Frieda Frizz-Ease Weather Works Weather-Proofing Conditioner, 250 mL, \$10.50.
- Live Clean Exotic Nectar Argan Oil Oil Treatment, 110 mL, \$12.
- Herbal Essences Tousle Me Softly Spray Gel, 170 mL, \$4.



curly

Tip

A blow dryer can be friend or foe to curly-haired women. If it's used improperly, you can end up with poodle-esque hair. Let hair air-dry as long as possible, then finish with a diffuser attachment. If you don't have one handy, aim the dryer nozzle downward on low.

THE CUT

Curly hair is rebellious, but with the right cut it can be spectacular. Our experts suggest cutting curly hair both while wet and dry to ensure the curls fall in the right places. The longer your locks, the more their weight relaxes the curl, which reduces the overall width, says Hayden. A universally flattering cut – and one that's easy to manage – is shoulder-length curls with shorter layers around the face and longer ones at the back of the head. One more thing, adds Hayden: Stay away from thinning shears and razors. They amplify the F word: frizz!

STYLE FILE

Why is curly hair plagued by frizz? Simply because it's thirsty and constantly trying to attract moisture. Be careful not to overcleanse curly hair; wash it as infrequently as possible and use shampoos and conditioners packed with moisturizing ingredients. To really drench your curls, Tran suggests using a hair mask or treatment at least once every two weeks. Brush the mask through your hair in the shower using a paddle brush (it's more effective than a comb for distributing the mask). When your hair is freshly damp, apply an antifrizz serum or balm, focusing on the middle to end of strands. Apply mousse evenly to help tame frizz while leaving hair weightless. Finish by blow-drying hair with a diffuser on low. But don't work it too hard: "The more curls move around, the more frizz will grow," cautions Hayden. ➤



- Garnier Fructis Triple Nutrition Dryness Reversal Treatment, 250 mL, \$6.
- Aveeno Positively Nourishing Moisturize Shampoo and Conditioner, 310 mL, \$9 each.
- Moroccanoil Curl Control Cream, 250 mL, \$32.
- Matrix Design Pulse Go Big Extra Strong Hold Mousse, 250 mL, \$16.50.





THE CUT

Straight manes are a cinch to control. And because the hair shafts are round and the cuticles lie flat, your hair was made to shine. Despite these positives, pin-straight hair needs a little extra help to achieve body and appear full, healthy and glossy, says Tran. She recommends precision cuts with strong geometric outlines, which she says are "striking on women with straight hair." A well-defined, blunt cut will make hair look fuller, and regular trims are essential. "Having the sharp line put back in your hair will make it appear thicker," says Tran, who suggests a snip every six to 10 weeks.

STYLE FILE

In fine, straight hair, oil travels from the scalp down the shaft more easily than in wavy or curly hair, which means it can look limp and greasy sooner after cleansing. Fine hair should be washed daily with a conditioning shampoo, and fuller hair should be washed every other day. Finish your in-shower routine with a light conditioner on the ends. Or try using a dry shampoo to blot oil and boost the volume between washings. Bulk up hair by pumping volumizing mousse into a paddle brush, then smoothing it through your hair. "Brush one pump through the crown of the head, then one pump for each side of the head," says Hayden. Blow-dry, then lock in the body with a light finishing spray.

For sources, see page 74. **hm**

straight



If you still need a little extra help injecting some body into your straight hair, go retro and grab a set of hot rollers. The bigger the rollers, the better. They will pump up the volume without leaving curls behind.



- Goody Ouchless Gel Paddle Brush, \$16.50.
- Garnier Fructis Style Body Boost Mousse, 200 mL, \$5.50.
- Ojon Hair Rub-Out Dry Cleanser, 185 mL, \$27.
- Matrix Biolage Colorcare Shampoo, 300 mL, \$15.
- Living Proof Hold Flexible Hairspray, 155 g, \$24.

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Dr. Lay is the director of the Centre for Headache at Women's College Hospital and is a United

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Oat Scones in *Bake Fest*
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Mini Chocolate Chip Oat Scones

1/2 cup (125 mL) 5% light cream

1/4 cup (60 mL) **BeeHive®**
Golden Corn Syrup

1 **Naturegg™ Omega 3 Egg**

2 cups (500 mL) all-purpose
flour (approx.)

2 tbsp (30 mL) baking powder

1/2 tsp (2 mL) salt

2/3 cup (150 mL) cold **Lactantia®**
Unsalted Butter, cubed

1 1/2 cups (375 mL) toasted, large
flake rolled oats, divided

1/2 cup (125 mL) toasted,
chopped pecans

1 pkg (270 g) **CHIPITS® Milk**
Chocolate Chips, divided

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper. Whisk the cream, corn syrup and egg until well combined; measure out 1 tbsp (15 mL) and set aside for brushing the tops.

2. Pulse the flour, baking powder and salt in a food processor until combined; add the butter and pulse until crumbly. Transfer to a large bowl. Measure out 2 tbsp (30 mL) of the oats and set aside. Add the remaining oats, pecans and 1 cup (250 mL) chocolate chips to the flour mixture; blend well. Make a well in the dry ingredients and pour in the cream mixture. Mix until a ragged dough forms.

3. Transfer the dough to a lightly floured work surface; pat into an 8 x 6-inch (20 cm x 15 cm) rectangle. Brush with the reserved cream mixture and sprinkle with reserved oats. Using a sharp knife, cut the dough lengthwise into 3 long strips. Cut each strip into 4 squares, cut each square in half diagonally to make 24 wedges. Transfer to the baking sheet. Bake for 12 minutes or until golden. Melt remaining chocolate in a bowl set over simmering water; drizzle over scones.

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all about . **onions**

Beautifully papery or green and fresh, the humble onion is a healthy food that's the foundation of much good cooking. The nutritious Allium family includes (clockwise from left): green onions; French and Asian shallots; red onions; onion sprouts; red, yellow and white cooking onions; pearl onions; Spanish onions and cipollini onions. >

By: Andrew Chase Nutrition tips: Rosie Schwartz, RD

The Allium family also includes garlic, chives and leeks. We know garlic is healthy, but onions also contain many disease fighters, such as fibre, vitamin C, folate, potassium and a range of phytochemicals. Why do onions make us cry? It's the sulphur compounds, which may help cut our chances of developing blood clots, thus lowering our heart attack and stroke risks. All onions contain quercetin, a potent antioxidant that protects our arteries from cholesterol deposits. It also reduces blood pressure readings and may have anticancer benefits. And there's more good news: Cooking onions doesn't destroy many of their health perks.

Caramelized Onion Linguine

This is an onion lover's pasta: The sweet flavour of caramelized onions is front and centre. Buy the pancetta at the deli counter and have them cut it into ¼- to ⅓-inch/5 to 8 mm slices for easy dicing.

2 tbsp / 30 mL (approx) extra-virgin olive oil
1 cup / 250 mL diced pancetta (5 oz/150 g)
½ tsp / 2 mL black pepper
¼ tsp / 1 mL hot pepper flakes
3 lb / 1.5 kg red onions, thinly sliced
2 bay leaves
1 tsp / 5 mL dried oregano
Generous pinch ground cloves
3 tbsp / 45 mL tomato paste
⅔ cup / 150 mL dry white wine
½ tsp / 2 mL salt
½ cup / 125 mL finely chopped flat-leaf parsley
1 lb / 500 g linguine or other long pasta
Grated Parmesan cheese

- In large skillet, heat oil over medium heat; add pancetta and fry until crispy, 4 to 5 minutes. Remove with slotted spoon; set aside. Add pepper and hot pepper flakes to skillet; fry for 20 seconds. Add onions, bay leaves, oregano and cloves; cook, stirring often (adding a little oil if onions are sticking and reducing heat if they are browning too quickly), until onions are soft and uniformly golden brown, 45 to 50 minutes.
- Push onions to edge of pan. Add a touch of oil and tomato paste; fry until slightly darkened, about 3 minutes. Stir in wine, pancetta and salt; cook until liquid is evaporated, about 5 minutes. Stir in ½ cup/125 mL water; cover and reduce heat to medium-low. Simmer, stirring occasionally, for 10 minutes. Remove bay leaves; stir in parsley.
- Meanwhile, cook pasta according to package instructions until al dente; drain, reserving some of the cooking liquid. Add pasta to onion sauce and toss to coat, adding a little reserved cooking liquid if necessary to keep moist. Serve with Parmesan cheese to taste. *Makes 6 to 8 servings.*

Per each of 8 servings: about 398 cal, 11 g pro, 13 g total fat (5 g sat. fat), 60 g carb, 5 g fibre, 12 mg chol, 417 mg sodium, 401 mg potassium. % RDI: 5% calcium, 22% iron, 4% vit A, 12% vit C, 65% folate.

Vegetarian Caramelized Onion Linguine

Vegetarians can enjoy this sauce by omitting the pancetta and adding an extra 1 tbsp/15 mL oil to the onions. Then, when adding the pasta to the sauce at the end, also add ⅓ cup/75 mL chopped oil-cured or other black olives.

Per each of 8 servings: about 349 cal, 9 g pro, 8 g total fat (1 g sat. fat), 60 g carb, 5 g fibre, 0 mg chol, 471 mg sodium, 373 mg potassium. % RDI: 6% calcium, 22% iron, 4% vit A, 12% vit C, 65% folate.

White Onion Soup

This Balkan-inspired soup is delicious when made with the juicy and sweet Spanish onions that we grow here in Canada. To make sure that the onions don't colour during the long cooking time, use a heavy-bottomed pot and keep the heat low. Flavour the soup with dill, green onions or parsley, according to your personal taste; each flavour works equally well.

3 large Spanish onions (about 3 lb/1.5 kg)
2 tbs / 30 mL butter or olive oil
2 tbs / 30 mL olive oil
1 baking (Russet) potato, peeled and diced
1 bay leaf
1½ tsp / 7 mL salt
Pinch white pepper
6 oz / 175 g sheep's or goat's milk feta cheese, crumbled (about 1 cup/250 mL)
1½ cups / 375 mL yogurt (preferably sheep's milk, goat's milk or Balkan-style)
¼ cup / 60 mL (approx) chopped fresh dill, thinly sliced green parts of green onions or chopped fresh parsley

- Quarter onions; slice thinly. In heavy-bottomed soup pot or Dutch oven, melt butter in oil over medium heat. Add onions and fry, stirring often, until soft, about 30 minutes. Stir in potato, bay leaf, ½ tsp/2 mL of the salt and pepper. Cover; reduce heat to medium-low and cook, stirring often and sprinkling with water if onions are browning, until potato crumbles and onions are almost reduced to paste, about 45 minutes.
- Meanwhile, soak feta cheese in cold water for 30 minutes. Drain.
- With potato masher, gently break up potatoes. Stir in 4 cups/1 L water and remaining salt. Increase heat and bring to boil; reduce heat and simmer, covered, for 20 minutes. Remove bay leaf. Stir in feta cheese until melted. Stir in yogurt; bring to simmer, then whisk until smooth. Stir in dill to taste. *Makes 6 to 8 servings.*

Per each of 8 servings: about 248 cal, 7 g pro, 14 g total fat (7 g sat. fat), 25 g carb, 3 g fibre, 35 mg chol, 634 mg sodium, 449 mg potassium. % RDI: 19% calcium, 4% iron, 7% vit A, 17% vit C, 15% folate. >



White
Onion Soup



Chinese Savoury Green Onion Pancakes

Called “onion oil cakes” in China, these crispy, savoury pancakes are originally from northern China, where they are often served as part of a meal. In Taiwan, they have become a favourite street-food snack, and in southern China, they are eaten as a part of Cantonese dim sum. The pancakes are sometimes served with a little hot sauce or dipping sauce; to make your own, mix equal parts soy sauce and rice vinegar with a touch of sugar and hot sauce or hot peppers to taste.

.....
1/3 cup / 75 mL vegetable oil
1/4 cup / 60 mL sesame oil
1 1/4 cups / 300 mL thinly sliced green onions
3/4 tsp / 4 mL salt
2 tsp / 10 mL sesame seeds

Dough

2 cups / 500 mL all-purpose flour
1/4 tsp / 1 mL salt >
.....



Chinese Savoury
Green Onion Pancakes



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Step by step: Savoury Green Onion Pancakes



Roll dough into 2 rectangles; brush with oil



Sprinkle with green onions; roll up tightly



Wind into a coil; sprinkle with sesame seeds



Flatten into a pancake with rolling pin

- **Dough:** In bowl, whisk together flour and salt. Stir in $\frac{1}{2}$ cup/125 mL boiling water. Slowly add scant $\frac{1}{2}$ cup/125 mL cool water, stirring together with fork, adding a little more water if necessary, until soft, fairly sticky, shaggy dough forms. On floured surface, knead until smooth. Wrap in plastic wrap; let rest at room temperature for 30 minutes.
- Divide dough in half. Roll each half into 16- x 10-inch/40 x 25 cm rectangle. Mix together vegetable and sesame oils; spread 2 tbsp/30 mL of the oil mixture over each rectangle. Sprinkle green onions evenly over each rectangle; sprinkle each with half of the salt. With long edge facing you, roll up each rectangle from

bottom into fairly tight rope; shape each rope into coil. Rub a touch of the remaining oil mixture on top of each coil; sprinkle each with half of the sesame seeds. Let rest for 5 minutes. With rolling pin, flatten each coil into 9-inch/23 cm diameter disc.

- In large skillet over medium heat, heat remaining oil mixture until hazing over top. Fry one pancake until bottom is golden brown; flip and continue frying until other side is golden, 3 to 4 minutes per side. Fry remaining pancake. Drain on paper towels. Cut into

wedges and serve hot. *Makes 6 to 8 servings.*

Per each of 8 servings: about 218 cal, 4 g pro, 12 g total fat (1 g sat. fat), 25 g carb, 2 g fibre, 0 mg chol, 291 mg sodium, 79 mg potassium. % RDI: 2% calcium, 12% iron, 1% vit A, 3% vit C, 33% folate. ➤





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Swiss Onion Tart

Every region of Switzerland makes its own version of an onion tart in the autumn when fresh, sweet onions are abundant. Most, like my version here, use a yeast-dough base. They always include lots of onions, and often have speck (ham), cream, regional cheese and some spices, such as nutmeg, caraway seeds, cumin, coriander, paprika or pepper. The tart is rich and satisfying, and goes well with a glass of cider or young white wine. For a vegetarian version, simply omit the speck and add a pinch of salt.

Dough

1/2 tsp / 2 mL granulated sugar
1 tsp / 5 mL active dry yeast
1 cup / 250 mL (approx) all-purpose flour
1/2 cup / 125 mL whole spelt flour or whole wheat flour
1/2 tsp / 2 mL salt
1/4 tsp / 1 mL black pepper
1/4 cup / 60 mL butter, softened
1/3 cup / 75 mL milk (at room temperature)

Onion Mixture

2 tbsp / 30 mL butter
2 lb / 1 kg onions, thinly sliced
1/2 tsp / 2 mL ground coriander
1/4 tsp / 1 mL freshly grated nutmeg
1/4 tsp / 1 mL salt
1/4 cup / 60 mL finely diced speck or prosciutto

Filling

1/2 cup / 125 mL sour cream
1/4 cup / 60 mL milk
2 eggs
1/4 tsp / 1 mL salt
1 cup / 250 mL shredded Gruyère or other Swiss cheese
1 tsp / 5 mL caraway seeds

- **Dough:** In small bowl, dissolve sugar in 1/4 cup / 60 mL warm water; sprinkle with yeast and let sit until frothy, about 10 minutes. In large bowl, whisk together all-purpose flour, spelt flour, salt and pepper; with hands, work in butter until mixture resembles coarse meal. Add yeast mixture and milk; stir until moist, ragged, very soft dough forms. Transfer to lightly floured surface; knead, adding more flour if dough is too sticky, into smooth, soft dough, about 10 minutes. Form into ball; transfer to buttered bowl, turning dough to



more layers online

Find plenty more onion recipes to keep your kitchen fragrant this fall, plus our web editor's review of her favourite Homemakers Best-Tested onion soup, at homemakers.com/onionrecipes.

grease all over. Cover with plastic wrap and let rise in warm place until doubled in size, 1 1/2 to 2 hours.

- **Onion Mixture:** Meanwhile, in skillet, melt butter over medium heat; add onions, coriander, nutmeg and salt. Fry, stirring often, until onions are light golden, 25 to 35 minutes. Add speck; set aside.
- Gently push down dough; knead lightly and shape into ball. Cover with tea towel; let rest for 15 to 30 minutes. Press dough into disc; pat and stretch to fit buttered 10-inch / 25 cm deep-dish pie plate with 1-inch / 2.5 cm overhang. Roll edge to pie plate lip and pinch to form rim. Fill with Onion Mixture.
- **Filling:** Whisk together sour cream, milk, eggs and salt; stir in Gruyère cheese. Spread over Onion Mixture; sprinkle with caraway seeds.
- Bake in centre of 475°F / 240°C oven until bottom and edge of crust are golden, 16 to 18 minutes in convection oven or 20 to 22 minutes in conventional oven (if edge browns before bottom, cover loosely with foil). *Makes 8 servings.*

Per serving: about 330 cal, 12 g pro, 18 g total fat (10 g sat. fat), 32 g carb, 3 g fibre, 94 mg chol, 484 mg sodium, 310 mg potassium. % RDI: 20% calcium, 11% iron, 16% vit A, 2% vit C, 31% folate.

Beef and Onion Curry

Almost equal weights of onions and beef – the onions fried slowly to a sweet caramel-coloured mass – meld with a many-layered mix of seasonings to make one of the richest and most mouthwatering Indo-Malay meat curries. It's always been a true favourite of mine; I also prepare the same curry with lamb and mutton. Make sure you serve plenty of rice to go with the sauce. >



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5 tbsp / 75 mL peanut or vegetable oil
2½ lb / 1.25 kg onions, chopped
(about 7½ cups/1.875 L)
2 tbsp / 30 mL ground dried red chilies
2 tbsp / 30 mL curry powder
1½ tsp / 7 mL salt
1 tsp / 5 mL ground fennel seeds
½ tsp / 2 mL black pepper
8 cardamom pods, cracked
6 whole cloves
1 star anise
2 lb / 1 kg stewing beef, cubed
4 cloves garlic, pressed or pounded
into paste
1-inch / 2.5 cm piece gingerroot, finely
grated or pounded into paste
1 can (400 mL) coconut milk

- In large skillet or Dutch oven, heat 3 tbsp/45 mL of the oil over medium heat; fry onions, stirring often and lowering heat if browning, until onions are light caramel colour, 50 to 60 minutes. Scrape into bowl and set aside.

- Meanwhile, mix ground chilies with 3 tbsp/45 mL water to make paste. In separate bowl, mix curry powder, salt, fennel seeds and pepper with 3 tbsp/45 mL water to make paste. Set aside.
- Add remaining oil to pan; increase heat to high. Add cardamom, cloves and star anise; fry until fragrant, 20 to 30 seconds. Add beef; fry, stirring, until seared. Stir in garlic and ginger; reduce heat to medium-high and fry, stirring, until fragrant and liquid has evaporated, 3 to 5 minutes. Stir in chili paste; fry, stirring, until oil is red, 2 to 4 minutes. Stir in curry paste; fry, stirring, for 2 minutes. Stir in onions and coconut milk. Bring to boil; reduce heat to low and simmer, covered, stirring occasionally and sprinkling with water if sauce is sticking, until beef is tender and sauce is very thick, 1 to 1½ hours. *Makes 8 to 10 servings.*

Per each of 10 servings: about 352 cal, 20 g pro, 25 g total fat (12 g sat. fat), 13 g carb, 3 g fibre, 54 mg chol, 417 mg sodium, 548 mg potassium. % RDI: 5% calcium, 27% iron, 5% vit A, 4% vit C, 12% folate. **hm**

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Black Bean Stew
with Turkey



5 healthy slow cooker suppers

By: Andrew Chase *Photography:* Felix Wedgwood

Food styling: Andrew Chase *Prop styling:* Catherine Doherty



WHAT'S FOR DINNER?

Tonight

OCTOBER RECIPE



Lemon Chicken and Broccoli Saute



Prep Time: 10 minutes
Cook Time: 10 minutes
Serves 6

WHAT YOU NEED

- 1½ lbs./750 g Boneless chicken breast, cut into bite sized pieces
- 2 tbsp./30 mL All-purpose flour
- 3 Cloves garlic, finely chopped
- 2 tbsp./30 mL Non-hydrogenated margarine
- 4 cups/1 L Broccoli florets
- 1 cup/250 mL Hot water
- 1 pot Knorr® Homestyle Stock Chicken
- 2 tbsp./30 mL Lemon juice

HOW YOU MAKE IT

Step 1

Toss chicken, flour and garlic in medium bowl; set aside.

Step 2

Melt margarine in 12-inch (30 cm) nonstick skillet over medium-high heat and cook chicken, stirring occasionally, for 6 minutes or until chicken is thoroughly cooked. Remove chicken from skillet.

Step 3

Stir broccoli into same skillet and cook 1 minute. Stir in hot water and Knorr® Homestyle Stock Chicken until melted. Reduce heat to low and simmer 3 minutes or until crisp-tender. Return chicken to skillet; heat through. Remove skillet from heat, then stir in lemon juice.

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EATING WELL • Rush Hour

1 Black Bean Stew with Turkey

This stew pairs well with rice, but it also makes a terrific filling for tacos or corn tortillas. Use any orange-fleshed squash, such as butternut, Hubbard, acorn or buttercup.

- 2 cups / 500 mL dried black beans
- 2 lb / 1 kg bone-in turkey drumsticks and/or thighs
- 1½ lb / 750 g orange-fleshed squash, cut in chunks
- 2 onions, quartered
- 3 cloves garlic, smashed
- 1 can (5½ oz/156 mL) tomato paste
- 6 canned chipotle peppers, seeded and chopped
- 1 tbsp / 15 mL ancho or other chili powder
- 1 tbsp / 15 mL Worcestershire sauce
- 2 tsp / 10 mL dried oregano
- 1½ tsp / 7 mL salt
- 1½ tsp / 7 mL ground cumin
- 1 tsp / 5 mL ground allspice
- 2 tbsp / 30 mL peanut, olive or vegetable oil, or seasoned lard
- Fresh coriander sprigs

- Cover beans with water; soak overnight. Drain.
- Place turkey in bottom of slow cooker; cover with beans, then squash. In food processor, purée onions, garlic and ¼ cup/60 mL water; scrape over squash. Stir in tomato paste and 2½ cups/625 mL water; stir in chipotles, chili powder, Worcestershire sauce, oregano, salt, cumin and allspice. If necessary, add a little more water until it just reaches top of turkey, beans and squash. Drizzle oil over top. Cook on low until beans and turkey are tender, 8 to 10 hours.
- Remove turkey and shred, discarding bones. Return meat to pot. Serve garnished with fresh coriander. *Makes 6 to 8 servings.*



Stove-Top Method: Cover beans with water; soak overnight. Drain. In soup pot over medium-low heat, add beans, turkey, tomato paste and just enough water to cover beans and turkey. Simmer until beans and turkey are tender, about 1 hour. Remove turkey and shred, discarding bones; set aside. Prepare onion and garlic paste in food processor as above; in skillet over medium-high heat, sauté paste in oil until golden, about 15 minutes. Stir into bean mixture with squash, chipotles, chili powder, Worcestershire sauce, salt, cumin, allspice and 1 tsp/5 mL oregano. Add water to just barely cover beans and squash. Simmer, uncovered, until squash is tender, about 30 minutes (cover if stew becomes too thick). Stir in turkey and heat through. Serve garnished with fresh coriander.

Per each of 8 servings: about 389 cal, 27 g pro, 12 g total fat (2 g sat. fat), 47 g carb, 12 g fibre, 64 mg chol, 601 mg sodium, 1,166 mg potassium. % RDI: 10% calcium, 41% iron, 89% vit A, 28% vit C, 98% folate.

2 Barley and Lamb Porridge

A thick, savoury soup of barley, lamb and white turnips is a hearty, healthy and warming treat to come home to at the end of a long day.

1½ to 2 lb / 750 g to 1 kg bone-in lamb or beef shanks
3 leeks (white and light green parts only), finely chopped
3 cups / 750 mL chopped white turnips
1⅓ cups / 325 mL pot barley
1 onion, finely chopped
1 cup / 250 mL diced carrots
1½ tsp / 7 mL salt
1 tsp / 5 mL dried marjoram or thyme



one-pot wonders

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1 bay leaf
4 whole cloves
½ tsp / 2 mL black pepper

- Rinse lamb shanks; place in slow cooker with leeks, turnips, barley, onion, carrots, salt, marjoram, bay leaf, cloves and pepper. Stir in 8 cups/2 L water. Cook on low until lamb shreds easily off bones, 8 to 10 hours.
- Remove lamb and shred, discarding bones. Stir lamb back into soup. *Makes 6 to 8 servings.*

Stove-Top Method: In soup pot over medium-low heat, fry (without browning) leeks, turnips, onion and carrots in 3 tbsp/45 mL butter or vegetable oil until vegetables are tender. Add lamb shanks, barley, salt, marjoram, bay leaf, cloves and pepper with 8 cups/2 L water; simmer until lamb is very tender, 2 to 2½ hours. Remove lamb and shred, discarding bones. Stir lamb back into soup.

Per each of 8 servings: about 259 cal, 13 g pro, 10 g total fat (4 g sat. fat), 32 g carb, 7 g fibre, 32 mg chol, 512 mg sodium, 438 mg potassium. % RDI: 5% calcium, 19% iron, 24% vit A, 17% vit C, 14% folate. >



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3 Portuguese Hominy Stew

In northern Portugal, thick, filling soups made with white or yellow cornmeal and small amounts of meat are common peasant fare. Hominy (see What Is Hominy? page 62) is also sometimes used in Portugal, a remnant of the country's South American colonial past. Look for hominy in the dried bean section of grocery stores.

1 rack pork ribs, cut in pieces
(about 1½ lb/750 g)
2 hot or sweet chorizo sausages
1½ cups / 375 mL dried hominy
1½ cups / 375 mL chopped Spanish, white or
sweet onions
1 bay leaf
1½ tsp / 7 mL salt
¼ tsp / 1 mL black pepper
1 bunch collard greens
2 tbsp / 30 mL olive oil

- In pot of boiling salted water, blanch ribs for 2 minutes; drain and rinse under cold water. Place in bottom of slow cooker with chorizo; top with hominy, onions, bay leaf, salt and pepper. Pull collard leaves off stems; discard stems. Shred leaves and stir into hominy layer. Pour in 7 cups/1.75 L boiling water. Drizzle with oil. Cook on low until hominy has porridgelike consistency, 8 to 10 hours.
- Remove bones from pork; discard bones. Cut pork into chunks; return to pot. Slice chorizo; return to pot. *Makes 6 to 8 servings.*



Portuguese
Hominy Stew

Stove-Top Method: Simmer hominy in 9 cups/ 2.25 L water with onions, bay leaf, salt and pepper until hominy is almost tender, 60 to 70 minutes. In separate pot, blanch ribs as above; add to hominy mixture. Simmer until ribs and hominy are tender, about 45 minutes. Add chorizo and collard leaves, prepared as above. Simmer until leaves are tender, about 20 minutes. Drizzle with oil. Remove bones from pork; discard bones. Cut pork into chunks; return to pot. Slice chorizo; return to pot.

Per each of 8 servings: about 288 cal, 13 g pro, 22 g total fat (7 g sat. fat), 9 g carb, 2 g fibre, 56 mg chol, 723 mg sodium, 263 mg potassium. % RDI: 5% calcium, 7% iron, 8% vit A, 5% vit C, 4% folate.

4 Salt Cod and White Bean Stew

Start soaking the cod and beans in the morning on the day before you want to eat the stew. Cook the beans overnight, then finish off the dish the next day. Serve this thin stew with boiled potatoes and crusty bread.

1 lb / 500 g boneless salt cod
2 cups / 500 mL dried white beans
1 large Spanish onion or 2 large cooking onions, chopped
1½ cups / 375 mL chopped celery
1½ cups / 375 mL chopped carrots
Few sprigs fresh thyme
Few sprigs parsley
1 bay leaf
1 can (28 oz/796 mL) tomatoes
2 hot yellow or other mild hot peppers, seeded and thinly sliced
⅓ cup / 75 mL dry white wine
1½ tsp / 7 mL sweet paprika or 1 tsp/5 mL sweet paprika and ½ tsp/2 mL smoked paprika
¾ tsp / 4 mL salt
⅓ cup / 75 mL chopped fresh parsley
2 tbsp / 30 mL extra-virgin olive oil
½ cup / 125 mL black olives (optional)
Extra-virgin olive oil

- Soak fish in cold water for 24 hours, changing water several times. Drain.
- Cover beans with water and soak for 8 hours. (Or, in saucepan, cover beans with 2 inches/5 cm water. Bring to full boil; boil for 2 minutes. Cover,

remove from heat and soak for 1 hour.) Drain. Place in slow cooker with onion, celery, carrots and 6 cups/1.5 L water. Cook on low until beans are tender, 10 to 12 hours.

- Cut fish into large chunks; add to pot. With kitchen string, tie thyme, parsley sprigs and bay leaf into bundle; add to pot. Stir in tomatoes, peppers, wine, paprika and salt. Cook on low until fish is tender and flakes easily, 8 to 10 hours.
- Remove and discard herb bundle. Stir in chopped parsley and oil. Top with olives (if using). Serve with cruet of fragrant olive oil on the side. *Makes 6 to 8 servings.*

Stove-Top Method: Soak and drain fish and beans as above. In large saucepan with 6 cups/1.5 L water, simmer beans, onion, celery and carrots over medium-low heat until tender, 45 to 90 minutes. Make herb bundle as above; add to saucepan with tomatoes, peppers, wine, paprika and salt. Simmer for 45 minutes. Cut fish into large chunks; add and simmer until fish flakes easily, 15 to 20 minutes. Remove and discard herb bundle. Stir in chopped parsley and oil. Top with olives (if using). Serve with olive oil as above.

Per each of 8 servings: about 414 cal, 49 g pro, 6 g total fat (1 g sat. fat), 42 g carb, 11 g fibre, 86 mg chol, 1,412 mg sodium, 1,792 mg potassium. % RDI: 24% calcium, 54% iron, 45% vit A, 40% vit C, 61% folate.

5 Rich Chicken Noodle Soup

Slow cookers make wonderful clear stocks. There's a bit of effort needed at the end of the cooking process to finish off this delicious soup, but it will take just a few minutes. Discard the stewing hen after you've finished making the stock – the flavour will have passed from the meat into the broth.

Stock

1 stewing hen (about 3½ lb/1.75 kg)
Few sprigs parsley
Few sprigs fresh dill or coriander
½-inch / 1 cm piece gingerroot, smashed
3 whole carrots, peeled
1 whole parsnip, peeled
1 whole white turnip, peeled
1 heart of celery ➤

1 onion
3 whole cloves
1 bay leaf
1 leek
1¾ tsp / 9 mL salt
1 tsp / 5 mL dried thyme
¼ tsp / 1 mL black pepper
1 tbsp / 15 mL fish sauce (optional)

Finishes

1 lb / 500 g boneless skinless chicken breast,
cut in ½-inch/1 cm dice
1½ tsp / 7 mL cornstarch
¼ tsp / 1 mL salt
Pinch black pepper
6 oz / 175 g egg noodles

- **Stock:** Stuff stewing hen with parsley, dill and ginger; place in slow cooker with carrots, parsnip, turnip and celery. Quarter onion partway through to base; using cloves, pin bay leaf to outside of onion and place in pot. Cut off dark green parts of leek; trim base, keeping root end intact. Slit leek lengthwise from top almost through to base. Carefully clean between layers to remove any dirt; add to pot. Sprinkle in salt, thyme and pepper; add fish sauce (if using). Add 9 cups/2.25 L water. Cook on low for 8 to 10 hours.

- Skim off fat and foam. With slotted spoon, remove stewing hen (with herbs in cavity), leek and onion from pot; let drain in sieve or colander over bowl, returning juices to soup and discarding solids. Remove carrots, parsnip, turnip and celery from pot and dice; return to soup. Increase heat to high.
- **Finishes:** Mix chicken breast with cornstarch, salt, pepper and 2 tsp/10 mL water; let sit 2 to 3 minutes. Add to soup and stir lightly; cook on high until chicken is no longer pink in centre, about 8 minutes. Meanwhile, in large pot of boiling water, cook noodles; drain and add to soup. *Makes 6 to 8 servings.*

Stove-Top Method: Over low heat, simmer all Stock ingredients, prepared as above, in 9 cups/2.25 L water for 3 hours, removing carrots, parsnip, turnip and celery when tender, about 1 hour. Dice carrots, parsnip, turnip and celery; set aside. Strain soup, discarding stewing hen, leek and onion; return to clean pot. Add reserved diced vegetables. Bring to boil; reduce heat to medium-low. Prepare Finishes as above, decreasing cooking time to 5 to 6 minutes.

Per each of 8 servings: about 240 cal, 24 g pro, 4 g total fat (1 g sat. fat), 26 g carb, 4 g fibre, 55 mg chol, 699 mg sodium, 706 mg potassium. % RDI: 5% calcium, 14% iron, 50% vit A, 13% vit C, 17% folate. *hm*

What is hominy?

Hominy is dried corn that has been soaked in an alkaline (often lye) solution to remove the hull and soften the kernel. This process makes some of its natural proteins more available for us to absorb. The process also sterilizes the corn kernels,

enabling longer-term storage.

Hominy was an important part of indigenous North, Central and South American food cultures, and was one of the first foods introduced by native Americans to colonists. Today it is consumed in the form

of grits (fine ground) or samp (coarse) in the southern U.S., but it is still widely used throughout Central America and northern South America in its whole and ground forms. Hominy can be white or yellow; the yellow type offers a bit more flavour and sweetness.





harvest gold

Icewine: Canada's sweet sippers

By Natalie MacLean

It's no wonder icewine first put Canada on the viticultural map: This golden elixir combines the sweetness of lusciously ripe fruit with a silver edge of acidity that's as crisp as the autumn wind.

What is icewine?

Icewine is a very sweet dessert wine produced from grapes that have been left on the vine to freeze before harvesting, so that the flavours and sugars in the grapes become very concentrated. Germany and Austria both produce icewine, but Canada's consistently colder weather means ours is among the best in the world. Grapes are picked for icewine sometime between December and February, well after the fall harvest for dry table wines.

According to regulations, they must be picked at a temperature of -8°C or colder.

How should it be served?

Serve icewine chilled; an hour or two in the fridge will allow it to reach the ideal tempera-

ture of 7° to 10°C . Traditionally, it is enjoyed at the end of the meal; a 375 mL bottle will serve six to eight people with about two ounces apiece (the wine is so sweet that a little goes a long way).

You can also offer icewine alongside first courses such as pâté or pan-seared foie gras. It goes wonderfully with fruity desserts, such as cobblers, crisps, strudels, tarts, flans and pies. Also pair icewine with fresh figs drizzled with cream, chocolate-dipped strawberries or nutty desserts. You can even offer it with a cheese course: Its sweetness is a lovely foil to the saltiness of a blue or Cheddar cheese.

Natalie MacLean offers a free wine newsletter at nataliemaclean.com.



What to buy

2008 Mission Hill Family Estate Reserve Riesling Icewine, Okanagan Valley, B.C.:

This hedonistic elixir captures the essence of ripe pear and peach, along with classic notes of honeysuckle, lychee and orange marmalade. Perfect for starting a new romance.

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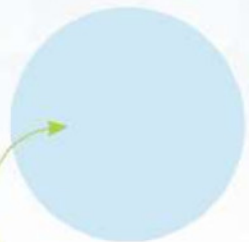
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2008 Featherstone Estate Winery Gewürztraminer Icewine, Twenty Mile Bench, Ont.: With lovely apricot jam and spiced honey notes on the nose, this icewine has a terrific balance of sweetness and acidity. **Pair with:** Swiss Onion Tart, page 52; fruit desserts; biscotti. \$35 for 200 mL. Score: 90/100



2006 Inniskillin Commemorative Edition Vidal Icewine, Niagara Peninsula, Ont.: Redolent of ripe peach, pear, apricot and honeysuckle, with a tangerine-tinged finish. **Pair with:** Cranberry and Pear Pie with Almond Topping, page 66; pumpkin or pecan pie. \$60 for 375 mL. Score: 95/100



2008 Reif Estate Winery Riesling Icewine, Niagara River, Ont.: Taste lovely lemon drop and apricot jelly with a bright seam of orange zest running down the middle. I love this wine. **Pair with:** Apple, Walnut and Poppy Seed Pie, page 68; Brie or Camembert cheese; dark chocolate. \$27 for 200 mL. Score: 92/100



2008 Quails' Gate Riesling Icewine, Okanagan Valley, B.C.: Riesling-based icewine is my favourite, hands down, with its greater complexity, balance and terrific combination of acidity and fruit (ripe pear, apricot and peach). **Pair with:** Apple, Walnut and Poppy Seed Pie, page 68; lobster thermidor. \$35 for 200 mL. Score: 93/100 **hm**

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• thanksgiving pies

Any one of these three delicious flavour combinations is the perfect finish to a Thanksgiving feast. By Andrew Chase

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Cranberry and Pear Pie with Almond Topping

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1 Sweet Single-Crust Pie Pastry (recipe, page 68)
3 cups / 750 mL coarsely chopped cranberries
4 Bosc pears, peeled, cored and grated
½ cup / 125 mL granulated sugar
3 tbsp / 45 mL cornstarch
2 tbsp / 30 mL corn syrup
1½ tsp / 7 mL finely grated orange rind
Pinch salt

Almond Topping

1¼ cups / 300 mL whole almonds
⅓ cup / 75 mL all-purpose flour
⅓ cup / 75 mL whole wheat flour
⅓ cup / 75 mL packed dark brown sugar
2 tbsp / 30 mL granulated sugar
¾ tsp / 4 mL ground cardamom or cinnamon
¼ tsp / 1 mL salt
⅔ cup / 150 mL chilled unsalted butter, diced

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- **Almond Topping:** In food processor, pulse almonds until finely chopped; pulse in all-purpose flour, whole wheat flour, brown sugar, granulated sugar, cardamom and salt. Pulse in butter just until crumbly; with hands, mix and loosen to make crumbly topping.
- On lightly floured work surface, roll out Sweet Single-Crust Pie Pastry to fit 9-inch/23 cm deep-dish pie plate; trim and flute edge. Toss together cranberries, pears, sugar, cornstarch, corn syrup, orange rind and salt. Scrape into pie shell; top with Almond Topping.
- Bake in bottom third of 425°F/220°C oven for 15 minutes; reduce heat to 350°F/180°C and bake until pastry is golden and filling is bubbling, 40 to 50 minutes (if pastry is sufficiently browned but filling isn't bubbling, cover loosely with foil and continue baking). *Makes 8 to 12 servings.*

Per each of 12 servings: about 459 cal, 6 g pro, 28 g total fat (13 g sat. fat), 51 g carb, 6 g fibre, 48 mg chol, 59 mg sodium, 250 mg potassium. % RDI: 5% calcium, 14% iron, 16% vit A, 8% vit C, 21% folate. ➤

Photography: Felix Wedgwood *Food styling:* Andrew Chase *Prop styling:* Catherine Doherty



Cranberry and
Pear Pie with
Almond Topping

Sweet Potato Maple Pie

2½ lb / 1.25 kg sweet potatoes
 ⅞ cup / 220 mL maple syrup
 ⅓ cup / 75 mL butter, melted
 2 eggs
 Generous ¼ tsp / 1 mL cinnamon
 ¼ tsp / 1 mL nutmeg
 ¼ tsp / 1 mL salt
 Scant ¼ tsp / 1 mL ground cloves
 1 Sweet Single-Crust Pie Pastry (recipe, below)

- With fork, prick sweet potatoes a few times on all sides; bake in 425°F/220°C oven until tender, 45 to 55 minutes. Let cool.
- Scrape out sweet potato flesh, discarding skins; purée in food processor. Add maple syrup, butter, eggs, cinnamon, nutmeg, salt and cloves; pulse until thoroughly combined. Set aside.
- On lightly floured work surface, roll out Sweet Single-Crust Pie Pastry to fit 9-inch/23 cm pie

plate; trim and flute edge. Scrape sweet potato mixture into pie shell.

- Bake in bottom third of 425°F/220°C oven for 15 minutes; reduce heat to 375°F/190°C and bake until filling is lightly set in centre, 50 to 55 minutes. Let cool completely on rack before serving, about 3 hours. *Makes 8 to 12 servings.*

Per each of 12 servings: about 323 cal, 4 g pro, 16 g total fat (9 g sat. fat), 43 g carb, 3 g fibre, 66 mg chol, 124 mg sodium, 429 mg potassium. % RDI: 5% calcium, 11% iron, 154% vit A, 23% vit C, 18% folate.

Apple, Walnut and Poppy Seed Pie

1 Double-Crust Pie Pastry (recipe, below)
 1½ cups / 375 mL walnut halves
 1 cup / 250 mL poppy seeds (155 g pkg)
 ⅓ cup / 75 mL granulated sugar

Double-Crust Pie Pastry

This recipe makes enough pastry for a 10-inch/25 cm double-crust deep-dish pie.

2⅔ cups / 650 mL
 all-purpose flour
 ¼ tsp / 1 mL salt
 ¾ cup / 175 mL chilled
 unsalted butter, diced
 ¼ cup / 60 mL chilled lard or
 shortening, diced
 2 egg yolks
 6 to 8 tbsp / 90 to 120 mL
 ice water

- In food processor, pulse flour with salt; pulse in butter and lard until in coarse crumbs. Pulse in egg yolks just until mixed; pulse in just enough water so dough holds

together when pressed. (Or, in bowl, whisk flour with salt; cut in butter and lard with 2 knives or pastry cutter, then stir in yolks and water.)

- Transfer to work surface and gently pat together. Divide into 2 thick discs, 1 slightly larger than the other. Wrap in plastic and refrigerate for 30 minutes. (*Make-ahead:* Refrigerate for up to 2 days.)

Sweet Single-Crust Pie Pastry

This recipe makes enough slightly sweet pastry for a 10-inch/25 cm deep-dish pie.

1½ cups / 375 mL
 all-purpose flour
 1 tsp / 5 mL icing or
 granulated sugar

Pinch salt
 ½ cup / 125 mL chilled
 unsalted butter, diced
 2 tbsp / 30 mL chilled lard or
 shortening, diced
 4 to 7 tbsp / 60 to 105 mL
 ice water

- In food processor, pulse flour with sugar and salt; pulse in butter and lard until in coarse crumbs. Pulse in just enough water so dough holds together when pressed. (Or, in bowl, whisk flour, sugar and salt; cut in butter and lard with 2 knives or pastry cutter, then stir in water.)
- Transfer to work surface and gently pat together; press into thick disc. Wrap in plastic and refrigerate for 30 minutes. (*Make-ahead:* Refrigerate for up to 2 days.)

1/3 cup / 75 mL brown sugar
 1/4 cup / 60 mL all-purpose flour
 1/2 tsp / 2 mL cinnamon
 1/4 tsp / 1 mL nutmeg
 Pinch ground cloves
 Pinch salt
 1/2 cup / 125 mL currants
 2 tbsp / 30 mL brandy, cider or apple juice
 6 cups / 1.5 L thinly sliced cored peeled apples
 2 tbsp / 30 mL butter, melted
 2 tsp / 10 mL grated lemon rind
 1 tbsp / 15 mL lemon juice
 1 tbsp / 15 mL cream or milk
 2 tsp / 10 mL coarse brown or white sugar
 Slightly sweetened whipped cream

- On lightly floured surface, roll out larger disc of Double-Crust Pie Pastry to fit 9- or 10-inch/ 23 or 25 cm deep-dish pie plate with 1-inch/ 2.5 cm overhang.
- In dry skillet over medium-low heat, toast walnuts until fragrant; let cool. In spice grinder or blender, grind poppy seeds just until outer shells are cracked. Place seeds in large bowl; whisk together with granulated sugar, brown sugar, flour, cinnamon, nutmeg, cloves and salt. Chop cooled walnuts, blowing away any loose skins; add to bowl.
- In microwaveable bowl, combine currants and brandy; microwave on high for 30 seconds. Let cool; add to walnut mixture with apples, butter, lemon rind and lemon juice. Mix together well.
- Roll out remaining Double-Crust Pie Pastry disc to fit over top of pie. Scrape filling into pie shell; top with pastry. Trim and flute edge. Cut 3 or 4 vents in top of pastry. Brush with cream and sprinkle with coarse sugar.
- Bake in bottom third of 425°F/220°C oven for 15 minutes; reduce heat to 350°F/180°C and bake until pastry is golden and filling is bubbling, 40 to 50 minutes (if pastry is sufficiently browned but filling isn't bubbling, cover loosely with foil and continue baking). Serve with whipped cream to taste. *Makes 8 to 12 servings.*

Per each of 12 servings: about 505 cal, 8 g pro, 32 g total fat (12 g sat. fat), 51 g carb, 4 g fibre, 71 mg chol, 69 mg sodium, 306 mg potassium.
 % RDI: 19% calcium, 24% iron, 13% vit A, 5% vit C, 38% folate. **hm**



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How I gave the gift of life
(and you can, too).

By Lisa Bendall

Opt-in versus opt-out

Currently every province follows an opt-in organ donation model. When you die, your organs cannot be considered for transplant unless you've given consent in advance, or your next of kin agrees to it. With an opt-out model, your body's organs could be automatically used unless you had specifically objected to their use before your death.

What do you think? Tell us whether you would prefer an opt-in or opt-out model at homemakers.com/polls.

Joining the Canadian bone marrow registry was one of those things I'd long meant to do. But it wasn't until I happened to be on a personal quest to do 50 good deeds in 50 days (which I later wrote an article about) that I finally resolved to sign up. The catalyst was a story I read about a sweet-looking toddler whose defective bone marrow could have been fatal without a stranger's stem cell donation.

What I had put off for several years turned out to be a simple matter of submitting some information, then giving a blood sample. (Since 2008, the process has become even easier in Canada; you simply register online and mail in a cheek swab.) Although I know the odds that I'll ever be a match to someone in need aren't high, it still feels good to have put myself out there. If it turns out that one day my stem cells can indeed save someone's life, a medical team will contact me.

I can only imagine the reward in helping another person with a life-saving gift. The technician who took my blood told me that when donors get the call saying they're a match for someone in need, they typically react as though they've won the lottery.

After the article about my 50 good deeds came out in *Canadian Living Magazine*, I received a touching thank-you note from a mom who had recently lost her son to leukemia. A bone marrow transplant might have saved his life, but a match was never found for him.

If I hadn't grasped the vital importance of my small act before, I definitely did now. "You could truly be that one match to save a life," says Sue Smith, executive director of the OneMatch Stem Cell and Marrow Network. Over 70 per cent of Canadians who need stem cell or bone marrow transplants can't find compatible donors within their own families. They turn to the network to try to find a match. Only about half get lucky, despite the fact that the registry is plugged into an international network. Shockingly, fewer than one per cent of Canadians are currently signed up to donate, with people from nonCaucasian ethnic groups represented the least. "We're working very hard to make it easy for people to join the network," says Smith. She adds that when people think about the giant impact they could make with this one deed, most are willing to step up.



**Lisa Bendall and
her daughter, Emily**

How many of us stop to consider the living gifts we could be sharing with those in need? Aside from stem cells, Canadians can donate blood and blood components, long hair and even portions of our organs. Any one of these donations can make a critical difference, helping another person enjoy a better quality of life; you might even be rescuing him or her from certain death.

"I can't imagine saying no to that," says Jo Pillon of Lakefield, Ont., who saved a Florida man, who was dying of leukemia, with her stem cell donation two years ago. "The feeling is incredible." That impression grew after the man flew her down to meet him, his friends and his family in early 2010. "There's a ripple effect. Now his daughter still has a father, and his wife still has a husband," she says. "I got a ton of mail from people who love him, thanking me for helping him." >

Find out more

- **OneMatch Stem Cell and Marrow Network** onematch.ca
- **Canadian Blood Services** blood.ca
- **Angel Hair for Kids (A Child's Voice Foundation)** acvf.ca
- **Living Donor Paired Exchange Registry** ccdt.ca/english/ldpe
- **The Organ Donation and Transplant Association of Canada** organdonations.ca

There are two ways to donate through the OneMatch network: day surgery to extract liquid marrow from the pelvic bones, or the newer and increasingly popular peripheral blood stem cell (PBSC) transplant, which was Jo's procedure. She took medication for five days to release stem cells from her bones into her bloodstream. Then her blood went through an apheresis machine for collection and returned to her system, no anesthesia required. Jo wasn't keen on the drug's side-effects – mainly headaches, nausea and bone pain – but says that, in retrospect, her complaints seem ridiculous. "When I see the outcome, it was just so worth it."

Blood donation is even less of an imposition. The process of giving blood only takes about an hour and can be done every 56 days (or much more frequently for platelets and plasma). Canadian Blood Services operates more than 20,000 blood-

donor clinics across Canada each year, making it fairly easy to find one in your community. And with only a few different blood types among us, everyone who is eligible is a potential match for someone else.

Blood has a limited shelf life, so there's a constant need. Every minute, someone in Canada requires blood or blood components. And according to Canadian Blood Services, that demand is steadily rising, so more Canadians are urgently needed to become regular donors. Canadian Blood Services estimates that although one in two Canadians are eligible to give blood, last year one in 60 actually did.

A donation of hair, on the other hand, won't save a life, but it can definitely transform one. Just ask Roslyn Yearwood, the executive director of A Child's Voice Foundation. The charity operates Angel Hair for Kids, a Canadian program that gives wigs to children who have lost their hair through cancer treatments, injuries or a hair-loss condition called alopecia. "Having wigs makes it easier for them to cope with their illnesses and life in general," says Yearwood. She's seen firsthand how children respond to the wigs. "It restores their self-esteem and their confidence. They just turn right around. One little girl had just come from radiation treatment and could hardly keep her head up, but she had the best smile." But the program can't operate without donated hair; a single wig requires up to 12 long ponytails.

My daughter, Emily, now 11, was thrilled to learn three years ago that she could help another child by cutting off her long hair. In fact, she derived such satisfaction from her act of giving that she determinedly grew her hair out again and just recently donated once more. The charity accepts hair by mail (see Find Out More, above).

All of these gifts pose little or no risk to the donor. But some people even willingly donate an organ to someone suffering from an illness such as diabetes, polycystic kidney disease or hepatitis – an act that many of us might consider dicey. It's possible to give a kidney or, less commonly, a portion of your liver, a lobe of your lung, or even a segment of your intestines or pancreas. Such gifts are in high demand;

there are over 4,000 Canadians waiting for organ transplants. Not all of these procedures have been done in Canada, but our country can boast leadership in the areas of living-donor kidney and liver transplants.

In fact, more than half of the 1,038 Canadian organ donors in 2008 were living donors. Kidneys from these donors will serve their new owners twice as long as those from deceased donors, says Dr. David Landsberg, director of the Kidney Transplant Program at St. Paul's Hospital in Vancouver. "With a living donor, it's a healthy person; we've had the luxury of being able to make sure the organ is perfect and it hasn't experienced any trauma." There's also more time to map out the best surgery plan, he adds.

Evidence shows humans can get along just fine with one kidney, and one study showed a higher life expectancy among kidney donors – probably because these folks were prescreened to ensure they each have an excellent bill of health.

It's one thing to give a kidney to a family member who's facing dialysis or death. But in 2008, a fifth of live kidney donations came from people who were unrelated by blood or marriage. What motivates someone to give a kidney to someone beyond her family?

"I guess I felt that I'd been so fortunate because I'd always had good health. And it was something I could do," says Dr. Anne Carter, who donated her kidney to a friend last December. Her friend was among the 3,000 Canadians in critical need of a kidney transplant. "I could see that he was suffering, and I knew that dialysis wouldn't give him nearly as good a life as a kidney would."

Make no mistake: This is major surgery, which carries risks, as well as a recovery period. There's also a very tiny chance the donor could lose their remaining kidney one day, for example due to an accident or cancer. "You have to be informed," says Dr. Carter, a retired public health physician in Brockville, Ont. "But if everybody was willing to consider live donations, I would think almost everybody would find a match."

The Living Donor Paired Exchange Registry was launched by Canadian Blood Services in February 2009 to match people who are willing to donate kidneys with those in dire need of them. It offers another solution when someone wishes to save a family member's life but is incompatible as a donor. That person can find a match for the loved one in exchange for donating a kidney to someone else. It can also help set off a kidney transplant "chain" rather than a straight swap. Although chains (where an altruistic donor gives a kidney to a needy stranger, and a loved one of that stranger gives a kidney to another stranger, and so on) are new in Canada, several of these transplants – called domino surgeries – have already been done here. Two Washington, D.C., hospitals managed to enable a chain of 13 living donations thanks to three altruistic donors. The anonymous donors get nothing in return but the knowledge that they've been responsible for saving multiple lives. "It's a huge win-win," says Dr. Landsberg. "When you say to somebody who wants to be a donor, 'You can help many people rather than just one person,' they're hugely excited about it."

Whether it's stem cells, blood, hair or a kidney, it's difficult to explain exactly what excites us at the prospect of giving someone a new chance at life. Perhaps, as Jo Pillon says, "It just makes you feel really good to know you've helped someone." **hm**

Keep on giving

Since the choice to donate your organs upon your death largely rests with your next of kin, share your wishes with your family and sign an organ-donor card.

About 200 Canadians die each year while waiting for an organ transplant. A legislative change, such as a presumed-consent (a.k.a. opt-out) model, may be in order. Attempts have been made to pass such a bill in Ontario. But Dr. David Landsberg, director of the Kidney Transplant Program at St. Paul's Hospital in Vancouver, doesn't think consent is the biggest problem. He believes the topic simply isn't raised often enough by health-care providers when a patient is dying. "I think we need more commitment to organ donation as part of normal end-of-life decision making," Dr. Landsberg says.

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Healthy Living

Best Tressed

Pages 34 to 39:

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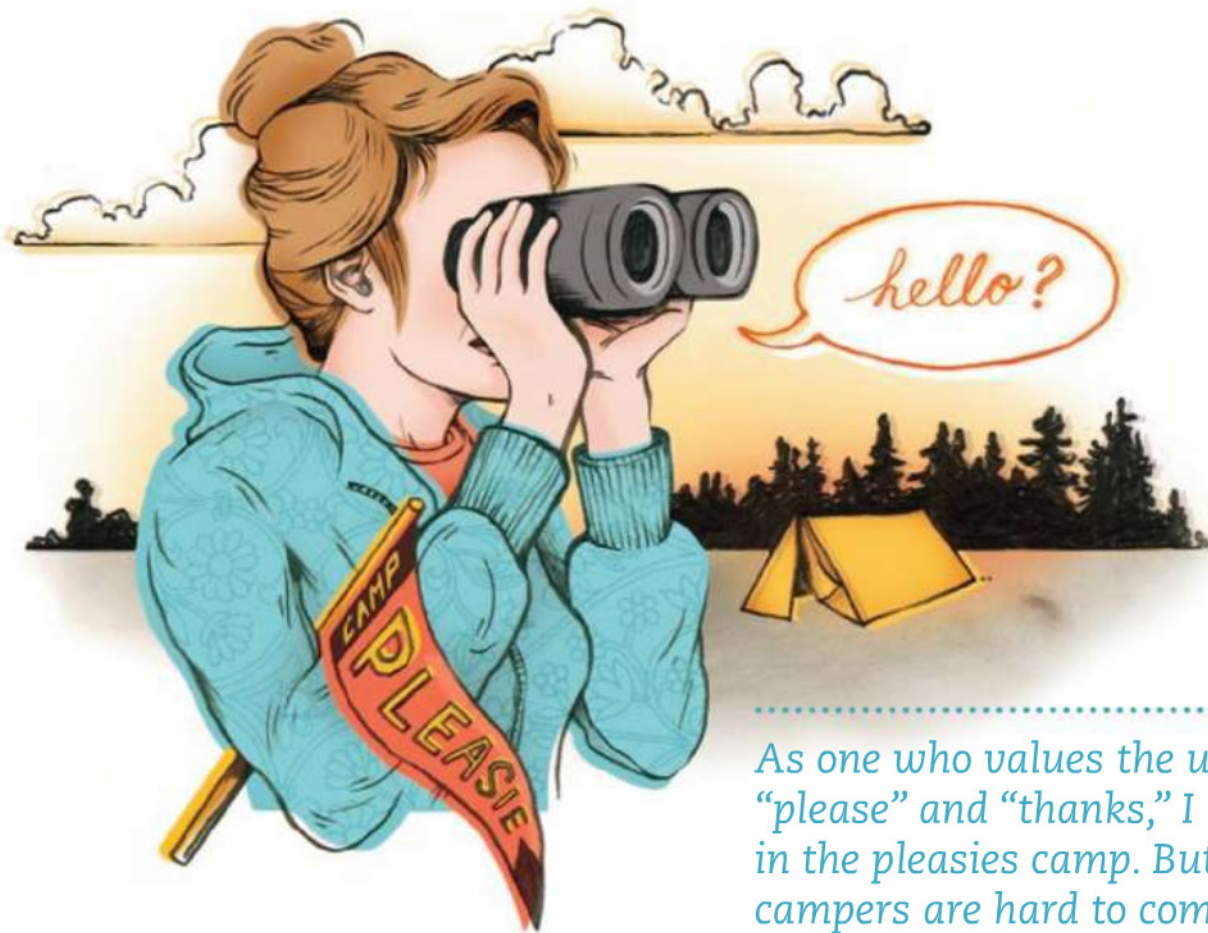


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between us

By Jocelyn Laurence



As one who values the use of “please” and “thanks,” I like being in the pleasies camp. But fellow campers are hard to come by.

A friend who once lived in Barcelona, Spain, told me that English-speaking tourists were mockingly known among the locals as *los por favores*, which sort of translates as “the pleasies.” He thought their tendency to glue “please” onto any and all requests was funny. I thought he was mean-spirited, and the maligned but doubtless well-intentioned *por favores* sounded like people I’d be happy to meet.

What if they’d said, “Gimme some Rioja rápido, Spanish scum”? “I’d like a glass of Rioja, por favor” is far more conducive to fruitful interpersonal and international relations.

Family relations, though, are another thing. During my teens, I ditched the idea of prescribed behaviour – a.k.a. manners. Why shouldn’t I end a conversation by slamming a door? It signalled my refusal to be a slave to arbitrary

social rules (though I doubt my deafened mom saw it the same way).

But when I left home, I discovered those social rules were there for a reason. There’s nothing like living cheek by jowl with virtual strangers to realize that door slamming isn’t a grand act of rebellion; it’s just loud and dismissive. My roommates and I weren’t Emily Post-er children, but we did our best, even if we >

sometimes communicated between politely gritted teeth. ("Could you please wash your dishes today? They've been in the sink for a week and they smell.")

I quickly learned that the judicious use of "please" and "thanks" – words that acknowledge other people – smoothed my path when dealing with my roommates, friends and family. Thus, I became a committed member of the pleases camp.

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The most egregious examples of bad manners occur when you want to ask a large company a small question.

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These days, though, it's tough to find fellow campers. I occasionally encounter a driver who allows me to slip into bumper-to-bumper traffic (genial waves are exchanged) or someone who holds the door open at my local coffee shop when my hands are full of double-doubles (I thank her, of course). Only last week, a young man gave me his paid-for full-day receipt as I was driving into the parking lot that he was leaving, then he smilingly refused to accept my offer to reimburse him.

But those are the proverbial exceptions. Increasingly, I've been tripping over mannerless moments that leave me with cartoon steam billowing out of my ears. To wit: A sales clerk is poised to scan two T-shirts I've

selected when the store phone rings. She drops everything (not the phone, of course, just my tees). I hear soothing murmurs saying yes, the lemon yellow cotton-spandex skirt is still available; if the caller could hold for a moment, she'll check the sizes. Meanwhile, I'm standing there, a real person brandishing real money, while a disembodied voice – who may or may not purchase anything – gets her attention.

Then there are the queue-creepers. I'm waiting in line – to pay for groceries or board a bus – and my mind drifts: Why did I buy three avocados? Will I make it home in time for my appointment with the furnace cleaner? If I'm talking about Brangelina, should I use a singular or plural verb? I come out of my reverie to see someone has insidiously inserted a piled-high grocery cart and his body in front of me while my mind was on higher things.

The most egregious examples of bad manners, though, occur when you want to ask a large company a small question. I wanted to know why I'd been billed \$16.32 for no apparent reason. I dutifully pressed countless numerals on my phone only to be put on hold. After an eternity of mind-numbing Muzak – during which I loaded the dishwasher, wiped the kitchen counters and wondered if Brangelina ever does/do these humble tasks – I finally slammed down the phone and, yes, slammed a door (just a cupboard, though; I've downsized my rebellious acts).

My faith in the socially helpful power of respectful behaviour – which is essentially what constitutes good man-

ners – is frequently shaken and stirred. And I've wondered if my concern about the general lack of politeness is a sign I've become a crotchety elder who believes everything was better when I was a girl. But I don't think so. Our supposedly upstanding members of Parliament, for example, regularly and publicly display a profound lack of manners. They yell at one another like impatient, angry children, with poor Mr. Speaker as the hapless playground monitor.

Unfortunately, mannerless moments are highly corrosive. Being ignored, dismissed or shouted down inevitably results in the recipient feeling both irritated and bullied. The all-too-human reaction of fight-back aggression kicks in and, suddenly, any real communication becomes impossible.

Politicians aren't, of course, the source of bad manners, but their behaviours mirror the slow but inexorable wearing away of the respect I believe we should show one another. I'm willing to bet that if MPs said "please" and "thank you" in calm, nonconfrontational tones, our government – indeed, governments worldwide – would be transformed.

So my tent is still pitched in the pleases camp, where manners matter. Smiling and saying "Oops, sorry" if I bump into someone – which I often do when I'm navigating through my small local supermarket, short-sightedly consulting my list and wondering how many children Brangelina currently has/have – always changes an encounter from nasty to nice.

Thanks, by the way, for reading this. **hm**



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does your arguing style need a **makeover?**

Being a bully or a pushover doesn't do anyone any favours – least of all, you. But you can get what you need and have healthy relationships too.

By Rhea Seymour



get what you want

To master the fine art of successful negotiation and be your own best advocate, visit **homemakers.com/getwhatyouwant**.

When Theresa Cabot* first met her company's CEO, the encounter didn't go quite as smoothly as she'd hoped. "He accused me of screwing up an event I was planning for him and started bullying me about it in front of my colleagues," says Theresa, a public relations director in Oakville, Ont. "Normally in that kind of situation, I would have backed right down and started apologizing, but I knew I'd never get his respect – or be able to live with myself – if I did." So Theresa swallowed her fear, stood her ground and calmly explained her position. And after a long, heated discussion, she ultimately won her boss over to her side. "I felt great



The ultimatum conundrum

When working on being more assertive, you may try to prevent being taken advantage of. You may be tempted to make ultimatums, such as, "I'm not going to stand for that anymore," says Anne Mariner, a registered counselling therapist and mediator in Halifax. "But that doesn't work because you're drawing a line, and then there's no way to talk about the issue." Instead, say something like, "I would find that hard to deal with."

about it afterward, and he's behaved more respectfully toward me since. Now I know, if I could manage that situation, I can manage any conflict; it's less intimidating."

Unlike getting really angry or avoiding the situation, constructive arguing doesn't even look like arguing.

A typical argument, explains Benno Dreger, a marriage and family therapist in Richmond, B.C., starts when one person criticizes another, who then feels attacked and therefore gets defensive. That kicks off a heated exchange in which both sides repeat their points of view until, ultimately, the stronger personality wins.

"When you argue, the goal is to win. But if you win, the other person has to lose, so they get resentful and angry, which can damage your relationship," Dreger says. "If you learn to collaborate, you can work as a team to find a solution so you both win, which builds trust and strengthens your relationship."

Recognizing your own arguing approach can help you improve both your personal and professional relationships. In the following quiz, circle the answers that best reflect how you would respond in each of the situations. Then read on to find out how to make over your arguing style. ➤



Quiz

1. Your colleague takes full credit for the ideas the two of you collaborated on. Do you:

- ☐ tell your colleague he's no better than a thief and make a scene in front of your boss and coworkers?
- ☐ address your concerns with him privately and then talk to your manager about your contributions?
- ☐ raise the issue in a funny, teasing way, but then let it go for the good of the team?

2. Your spouse makes a hurtful joke at your expense in front of guests. Do you:

- ☐ calmly tell him you don't appreciate his sense of humour and ask for an apology after your guests leave?
- ☐ toss a glass of Pinot at him and let him know about his shortcomings - loudly?

☐ wait until your friends leave and then punish him with the silent treatment?

3. A girlfriend of yours has a new habit of arriving late for get-togethers or not showing up at all. Do you:

- ☐ put up with her inconsiderate behaviour because you know she's been busy, but complain about it to your other pals?
- ☐ explain how it makes you feel when she doesn't show, then suggest a way to resolve the issue?
- ☐ tell her to lose your number and find herself a new BFF?

4. Your spouse is overly strict with your teenage daughter. Do you:

- ☐ accuse him of being a lousy father who's out of touch with today's teens?

☐ say nothing to him directly, but let your daughter break the rules?

☐ schedule time to discuss his concerns and come up with some parenting rules that you can both agree on?

5. Your colleague in the cubicle next door continues to crank her tunes even though you've asked her to turn down the volume. Do you:

- ☐ march over to the idiot's desk and turn the music off for her?
- ☐ grin and bear it, since it doesn't seem to bother anyone else?
- ☐ kindly suggest she try ear-phones? If she continues to blare the music, you'll discuss it with your manager.

Scoring:

Add up the number of times you chose each colour.

Mostly ■

You may be a Savvy Collaborator

Kudos! You handle conflict the way an adult should. Like Theresa, you have the self-esteem to ask for what you want and are open to the other person's position without taking it personally. When you voice complaints, you offer solutions. In your relationships, as psychologist Dennis Boyd in Coquitlam, B.C., advises, you acknowledge other people's feelings and collaborate with them to resolve problems in a way you can both accept. Even the best of us have room to improve: You may be a skilled negotiator in some areas of your life (such as with your partner) but less so in others (such as at work).

Try this

If you didn't get a perfect score, review the other styles for tips to brush up on your skills.

Mostly ■

You may be a Confronter

You pride yourself on being direct and passionate, and never miss an opportunity to stand up for yourself or share your view. You may find yourself easily angered, blaming or insulting others during arguments. You like control and, whether or not you realize it, you get it through anger, by manipulating, badgering and bossing people around. High stress levels can surface as anger; you may not recognize your arguing style is a problem until you lose friends or partners. There are even physical side-effects: Two recent studies have shown that outwardly expressing anger and hostility boosts your risk for heart disease.

Reflect on yourself

"Your forceful style can work well at work, at least short-term, because you'll get your way," says Doug Nathan, a Seattle-area mediator who teaches conflict resolution to corporate employees in Canada. "But there will be long-term consequences because you're sabotaging your relationships." If you aren't getting the

results you want, personally or professionally, think about how your style is contributing. For example, ask yourself if your sales team is really a bunch of slackers or if your style is demotivating them.

Get help

Talk to a psychologist to learn anger management techniques. You don't need a referral; call the psychological association in your province for a list of resources.

Try this

Lower stress

Try to take the time to relieve tension, whether it's through exercise, meditation or, if possible, cutting back on your responsibilities. That way you'll be less likely to explode when your new assistant fumbles your coffee order.

Stay focused

Avoid wide-ranging arguments in which you bring up past hurts or problems. Deal with one issue at a time and schedule time to talk about the other issues (one by one) at a later date.

Shift your attitude

If you're going into your boss's office thinking you have to fight for that raise, you're creating unnecessary stress, says Nathan. See your boss as your ally instead of your enemy, he says, and, "instead of going in wanting to win, adopt a learning approach, such as: I know what I want, but I wonder what my boss needs to make this work."

Mostly ■

You may be an Avoider

You may not even realize it, but you go to great lengths to avoid conflict. You may be a fun-loving, happy-go-lucky gal, but you may also stick your head in the sand and ignore issues, hoping they go away or improve on their own. You may avoid conflict because you fear rejection or are worried about hurting other people's feelings. When an issue arises, you have a tendency to change the topic, or distract yourself with work or an activity, such ➤

as watching TV. Alternatively, you may find yourself accommodating the other person's viewpoint, even if you think they're wrong. You may gossip about the problem with other friends or give the person responsible for your fury the silent treatment. By avoiding dealing with an issue directly, however, you're missing an opportunity to resolve it before it hurts your relationship. In the workplace, you may not even realize you're missing out on opportunities for honest discussions with your colleagues or manager that will foster better relationships. While you may think you're saving yourself the anxiety of a confrontation, bottling your feelings can make you more resentful, anxious, stressed or even depressed.

Choose your battles

There are times when not dealing with an issue is appropriate, particularly if it's something trivial. But if a problem is bothering you, or it is important to the other person, ask yourself if you can live with it. If not, then you know you need to step up. "That will help by giving you a sense of power to choose what's important," says Nathan.

Try this

Learn how to start the discussion. Once you have some success discussing issues in a constructive way, you'll lose some of your fear, says Anne Mariner, a registered counselling therapist and mediator in Halifax. If you have a complaint, choose a moment when neither of you is rushed, tired or distracted, she says. Then use "I" phrases to describe how you feel, such as, "When you don't help with the kids I feel frustrated" or "I feel furious." Explain it from your position. "By putting the emphasis on your feelings, it's less likely to trigger defensiveness from the other person." When you raise an issue, offer a solution: If you're upset that your spouse doesn't help you enough, for example, suggest hiring help or sharing more tasks equally.

Check in daily

When couples first get together, they have low tolerances for issues and deal with them right away, says Dreger. But as the relationships develop, they lose those skills because they

don't want to make a situation worse, even when the problem becomes a huge elephant in the room. Voice concerns with your spouse as soon as you notice a problem. It's best to resolve them quickly. Try this daily exercise to keep the lines of communication open.

Step 1 Tell your partner what you appreciate about him or her.

Step 2 Share what's going on in your life, including at work and with your family.

Step 3 Share questions, such as, "What are we doing this weekend?" or "Are you mad at me?"

Step 4 Voice any concerns you may have and offer solutions to them. If you can't have a discussion right away, schedule a time to talk.

Step 5 End on a positive note, sharing the wishes and dreams that keep you connected.

Start saying no

Your willingness to say yes may make you a shoo-in for employee of the month, but if you were more assertive, you'd be even more successful and you wouldn't be resentful, says Bob Mariner, a registered counselling therapist and mediator in Halifax. The next time someone insists you do something, such as work late, explain your position. For example, you could say, "I'd like to help, but it's difficult for me to work overtime." If you find it hard to stand up for yourself, try assertiveness training.

Name has been changed. **hm*

Listen up It's hard to listen when you're upset and want to be heard, but if you focus on hearing each other, your chat is less likely to escalate and will be more productive.

Find common ground Point out things you agree on, which will help you collaborate on a solution. For example, if you disagree about parenting techniques, take stock of what you do agree on, such as the fact that you both love your child strongly, says Anne Mariner, a registered counselling therapist and mediator in Halifax.



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PMB

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By Zara Jestadt

What's the buzz?

Food and beverage companies aren't obliged to print caffeine content on their product labels – and most don't – so we've created this tally to help you keep track.



Caffeine content in milligrams

Coffee

(per 8 oz/237 mL cup)

Brewed 95–200

Roasted and ground,
percolated 118

Roasted and ground,
filter drip 179

Roasted and ground,
decaffeinated 3–12

Instant 27–173

Instant, decaffeinated 5–12

Espresso (1 oz/30 mL) 30–90

Cappuccino 65–75

Latte 65–75

Tea

(per 8 oz/237 mL cup)

Black, regular blend 40–120

Green 30

Decaffeinated 0–10

Iced 26–42

Instant 15–26

Yerba maté 25

Herbal 0

Pop and Energy

Drinks (per 12 oz/
355 mL can)

Cola 35–46

Diet cola 36–50

Root beer (regular
or diet) 0–23

Energy drink 30–300

Candy (per piece) and

Ice Cream (per 8 oz/237 mL)

Energy mints or gum 10–100

Coffee-flavoured ice
cream 50–68

Over-the-Counter Drugs

(per pill)

Stimulants (wake-up tablets)
100–300

Pain relievers 30–65

Cold medications approx 30

Weight-loss pills up to 200

Chocolate and Cocoa

Milk chocolate

(1 oz/28 g) 6–7

Dark chocolate

(1 oz/28 g) 20–21

Unsweetened baking

chocolate (1 oz/28 g) 25–58

White chocolate

(1 oz/28 g) 0

Hot cocoa (one pouch) 5

Chocolate milk

(8 oz/237 mL) 8

Brownies (1.5 oz/42 g) 10

Chocolate cake

(2.8 oz/80 g) 36

Chocolate pudding

(5.1 oz/145 g) 9

Health Canada recommends that most adults consume no more than 400 milligrams of caffeine in one day – 300 milligrams if you're a woman of childbearing age. Growing kids aged 18 and under should consume only a fraction of the adult dose – no more than 1.1 milligrams per pound of body weight each day.

turning point

By Jill Buchner

Vanessa Turke



After a friend was felled by breast cancer, survivor Vanessa Turke resolved to live life to the fullest, for all those who can't.

Vanessa Turke had been cancer-free for three years when she asked a friend who still had breast cancer for her philosophy on life. "You just have to make it happen," Brigitte replied. Two days later, Brigitte passed away, but her words stayed with Vanessa. "I just felt like, OK, whatever I want, I'm going after it. I've got to do whatever I can to live the fullest life possible for everybody who's not able to be here."

In 2002, Vanessa was a flight attendant and a new mom living in Richmond, B.C., worrying about dinner and laundry. But then, at 28, she was diagnosed with ductal carcinoma. After losing her left breast, fighting to continue nursing her daughter, Ava, and undergoing two failed reconstruction surgeries, Vanessa was overwhelmed. "Having a piece of my body removed was just so traumatic."

She attended meetings for young breast cancer patients set up by the B.C. Cancer Agency. Soon she was part of a sisterhood. "You feel so alone, but they're feeling the exact same anger and fear."

But as she lost some of those friends to the disease, she started seeing life as a gift. She began telling the story of her changing body through art and met with a vocational counsellor to find a new, more creative career. She also reached out to others, helping organize The Young and the Breastless conference and the website breastcancernowwhat.ca.

Now 36, Vanessa is working in web development and design, and enjoying life with nine-year-old Ava. "I often let her climb higher in trees," she says. "To hold back because you're afraid something might happen, you're wasting so much time." **hm**

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